



ALZHEIMER SOCIETY WATERLOO WELLINGTON

DEMENTIA PROGRAM GUIDE

May - August 2022

For Programs and Services

*Programmes et services de
mai à août 2022*

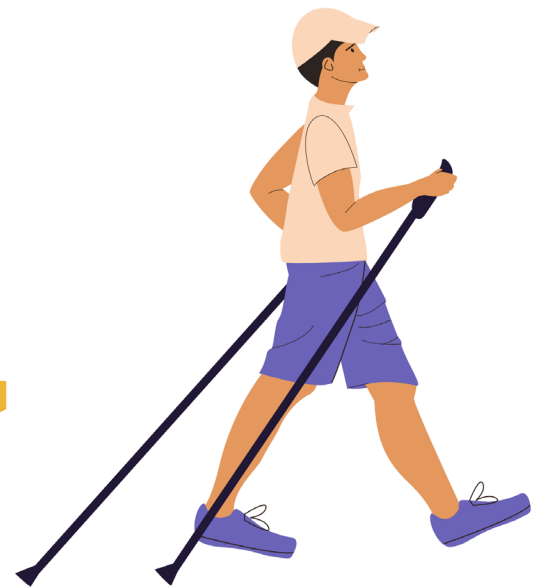
Alzheimer Society

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!



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



Alzheimer*Society*
WATERLOO WELLINGTON

For more information
contact Travis at
travis@alzheimerww.ca

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MESSAGE FROM OUR EXECUTIVE DIRECTOR

May is a significant month for our community. During the entire month, we are hosting the IG Wealth Management Walk for Alzheimer's. This year, we remain virtual and encourage you to 'walk your way!' Only 40% of our budget is supported by government funding. We need to fundraise the 60% to fill the gap. Will you help us fill that gap?

During these summer months, we continue to expand our programs. We now are offering an in-person care partner support group. This group will be an opportunity for care partners to meet in person at one of our offices and engage in helpful dialogue guided by one of our social workers. If you have a green thumb consider our Horticultural Therapy program on page 11! This hybrid program includes three weeks of virtual meetings and one week of in-person visiting at the Guelph Enabling Garden. Minds in Motion® is being offered in person at several community locations. Come and join in the fun.

Our Guelph and Kitchener offices are now open for walk-ins. Alzheimer Society Waterloo Wellington is committed to keeping our community safe and requiring a mask to be worn at our offices. We continue to provide virtual social recreation, education, and support groups to best support our community.

- 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), **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.

IN-PERSON - KITCHENER



Thursday, July 14



1 PM - 2 PM



Register through our Main Office

VIRTUAL



Wednesday, May 25



9 AM - 10 AM



Register through our Main Office



Wednesday, June 15



6 PM - 7 PM



Register through our Main Office



Wednesday, August 3



1 PM - 2 PM



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 - KITCHENER



Friday, May 27



1 PM - 2 PM



Register through our Main Office

VIRTUAL



Tuesday, July 26



6 PM - 7 PM



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.

KITCHENER

CARE ESSENTIALS

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.



Thursdays,
May 12 to June 2



1 PM - 3 PM



Register through Social Worker



Tuesdays,
July 5 to July 26



10 AM - 12 PM



Register through Social Worker

VIRTUAL

OPTIONS FOR CARE

MAY

This session helps care partners to evaluate their current caregiving needs and become informed about the long-term care process.



Tuesdays,
May 17 to May 31



6 PM - 8 PM



Register through Social Worker

CAMBRIDGE**FIRST STEPS FOR CARE PARTNERS****JUNE**

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. To register or learn more about this session, please contact your Social Worker at 519-742-8518 ext. **2090**.



Thursdays,
June 2 to June 23



6 PM - 8 PM



Register through Social
Worker

KITCHENER**FIRST STEPS FOR CARE PARTNERS - ABRIDGED****AUGUST**

This is a drop-in-friendly version of our First Steps for Care Partners. Created as a 1-hour reduced series; participants are welcome to attend one but encouraged to participate in all of them.

COMMUNICATION

Wednesday, August 10



1 PM - 2 PM



Register through
our Main Office

ADVANCED CARE PLANNING

Wednesday, August 17



1 PM - 2 PM



Register through
our Main Office

TOOLS FOR CONNECTING

Wednesday, August 31



1 PM - 2 PM



Register through
our Main Office

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**RED FLAGS OF DEMENTIA****MAY**

This talk looks at 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.



Wednesday, May 11



10 AM - 11 AM



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

VIRTUAL**FRONTOTEMPORAL DEMENTIA (FTD)****JUNE**

Find out about frontotemporal dementia and discover the best methods to communicate and interact with a person living with this type of dementia.



Friday, June 10



10 AM - 11 AM



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

VIRTUAL**YOUNG ONSET DEMENTIA****JULY**

Dementia that affects a person before age 65 is called *young-onset*. Please join us for a discussion of young-onset dementia, coping tips for families, and resources to access.



Friday, July 15



10 AM - 11 AM



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

VIRTUAL**LIVING WELL: TIPS FOR BRAIN HEALTH****AUGUST**

Learn the key suggestions for maintaining a healthy brain. We will provide you with tips and strategies that you can implement into your daily routine.



Friday, August 12



10 AM - 11 AM



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

VIRTUAL SPECIAL TOPICS

VIRTUAL

AMBIGUOUS LOSS

MAY

The issue of loss and grief is one of the most significant issues when supporting people living with dementia. This session will explain ambiguous loss to help you along your journey.



Tuesday, May 3



10 AM - 11 AM



Register through our Main Office

VIRTUAL

DEMENTIA: THE ELEPHANT IN THE ROOM

MAY

Through this talk, you will understand various types of dementia and the changes people living with dementia may experience, as well as some tips for successful interaction.



Tuesday, May 10



10 AM - 11 AM



Register through our Main Office

VIRTUAL

END OF LIFE: CARE AND CONSIDERATION

MAY

This session will provide information to help you find resources regarding the changes you are seeing; and how you can best support the final stage of someone's journey.



Tuesday, May 17



10 AM - 11 AM



Register through our Main Office

VIRTUAL

FALL REDUCTION

MAY

People living with dementia are more likely to fall than older people who do not have cognitive impairment. Attend this session to learn the risks and preventive measures you can take.



Tuesday, May 24



10 AM - 11 AM



Register through our Main Office

VIRTUAL

HOME SAFETY

MAY

This session will help you evaluate your environment for risks, such as the kitchen area or outside, and suggest helpful strategies to mitigate these risks.



Tuesday, May 31



10 AM - 11 AM



Register through our Main Office

VIRTUAL

TEEPA SNOW GEMS

JUNE

Learn about the GEMS: Brain Change Model, developed by Teepa Snow and how you can implement this model to recognize the shifts in skills and abilities at any given moment.



Tuesday, June 14



10 AM - 11 AM



Register through our Main Office

VIRTUAL

FINDING YOUR WAY - WANDERING

JUNE

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



Tuesday, June 28



6 PM - 7 PM



Register through our Main Office

VIRTUAL

3 D'S OF DEMENTIA

JULY

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 how to respond.



Friday, July 8



1 PM - 2 PM



Register through our Main Office

IN-PERSON SPECIAL TOPICS

KITCHENER

MEDITERRANEAN DIET

JUNE

Explore the way of eating based on the traditional cuisine of the Mediterranean. This discussion will focus on the relationship between brain health and nutrition.



Wednesday, June 8



2 PM - 3 PM



Register through our Main Office

KITCHENER

SUNDOWNING

JUNE

Possible changes in afternoon or evening behaviour may relate to Sundowning. Learn what this term means and how to address changes related to it.



Monday, June 13



1 PM - 2 PM



Register through our Main Office

KITCHENER

TIPS AND STRATEGIES FOR BRAIN HEALTH

JUNE

Learn the critical suggestions for maintaining a healthy brain. We will provide you with tips and strategies that you can implement into your daily routine.



Tuesday, June 21



1 PM - 2 PM



Register through our Main Office

KITCHENER

10 WARNING SIGNS

JULY

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.



Wednesday, July 6



10 AM - 11 AM



Register through our Main Office

IN-PERSON

REPETITIOUS QUESTIONS

AUGUST

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 incidences.



Tuesday, August 9



10 AM - 11 AM



Register through our Main Office

Cannabis and Dementia

An Online Lunch 'n Learn

FRIDAY, JUNE 17 FROM 12 PM - 1 PM

Register at the following link:
<https://bit.ly/ASWWCannabis>



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 Jeanetta Grawbarger by phone at 519-742-8518 ext. **2026** or by email at jgrawbarger@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.


VIRTUAL - JUNE

 Wednesdays, June 8 to June 29 (4 weeks)


 1 PM - 2:30 PM

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

IN-PERSON (CAMBRIDGE) - JULY

 Wednesdays, July 6 to July 27 (4 weeks)

 1 PM - 2:30 PM

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

KITCHENER


TEACH FOR LONG-TERM CARE

AUGUST

Our TEACH program has been tailored specifically for family care partners of those living with dementia in Long-Term Care. This group will meet in-person at the Highview Residences in Kitchener (20 Reichert Dr. Kitchener).

 Tuesdays, August 9 to August 30 (4 weeks)

 10 AM - 11:30 AM

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

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.

For upcoming dates and information, contact Jeanetta Grawbarger at 519-742-8518 ext. **2026**


GROUPS FOR CARE PARTNERS


KITCHENER

RESILIENCE IN THE MIDST OF STRESS AND GRIEF

JULY

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.

 Tuesdays, July 5 to July 26 (4 weeks)


 9 AM - 11 AM


 Register through your Social Worker or **2090**


IN-PERSON

MONTHLY CARE PARTNER SUPPORT GROUP

We are excited to offer an in-person monthly care partner support group again. We are starting at our Guelph Office, if this location is not convenient for you, please call our offices to join a wait-list for other locations. For more information or to register, please reach out to your Social Worker or call 519-742-8518 ext. **2090**.

 2nd Tuesday of the Month, Beginning May 10

 10 AM - 11:30 AM

 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**2nd Thursday

5:30 pm - 7 pm

**LONG-TERM CARE
HOME (LTC)**1st Friday

10 am - 11:30 am

**MILD COGNITIVE
IMPAIRMENT (MCI)**2nd Friday

9:30 am - 10:30 am

**SPOUSES /
PARTNERS**2nd Wednesday

1:30 pm - 3 pm

**TELEPHONE
SUPPORT**

Last Tuesday



10 am - 11:30 am

**TO ALL OUR
AMAZING VOLUNTEERS**

JUST POPPING IN TO SAY

THANK YOU

**For your gift of time and talents.
You have made a difference!!**

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 in-person 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® continues! Every Saturday at 10 AM, we start with 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 those living with early to mid-stage dementia and their care partners. Join us from the comfort of your home to make some new friends and enjoy a great start to your day!



Saturday Mornings



10 AM - 11:30 AM



Register through our Main Office

FERGUS

FERGUS MINDS IN MOTION®

We are excited to expand our In-Person Minds in Motion® offerings to Fergus! Once a week, on Thursday afternoons, join our Minds in Motion® Coordinator in engaging in social activities and heart and brain-healthy exercises. This Minds in Motion class occurs in Fergus at the Victoria Park Seniors Center.



Thursday Afternoons



1 PM - 3 PM



Register through our Main Office

STORK YMCA

STORK MINDS IN MOTION®

Join us at the Stork YMCA on Wednesday and Friday afternoons for two hours of social and physical activities, led by one of our Minds in Motion® Coordinators.



Wednesdays and Fridays



1 PM - 3 PM



Register through our Main Office

MONTHLY SOCIAL RECREATION

VIRTUAL

CREATIVITY WORKSHOP

Are you looking for something fun to do this summer? 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 2-nd Wednesday of the month to join this program.



MAY

Saturday,
May 28



1 PM - 2:30 PM



JUNE

Friday
June 24



10 AM - 11:30 AM



JULY

Thursday,
July 28



10 AM - 11:30 AM



AUGUST

Thursday,
August 25



10 AM - 11:30 AM



Saturday,
June 25



1 PM - 2:30 PM



Friday,
July 29



1:30 PM - 3 PM



Friday,
August 26



1:30 PM - 3 PM

IN-PERSON

TUESDAY CONNECTIONS

Join us bi-weekly on Tuesday mornings in-person at one of our offices for an engaging social recreation hour. Participants will join for a fun activity and discussion on different topics at each meeting.



Tuesday Mornings



10 AM - 11:30 AM



Register through 519-742-8515 ext. 2019

SEASONAL SOCIAL RECREATION

WATERLOO

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 – 12 PM 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.

Sharing Our Voices is offered in partnership with the YMCA of Three Rivers and Waterloo Public Library. The Supporting Inclusion supports this project through the 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.

JULY



Monday, Wednesday and Friday
July 18 to July 29



10:30 AM - 12 PM



Register through
our Main Office

AUGUST



Monday, Wednesday and Friday
August 15 to August 26



10:30 AM - 12 PM



Register through
our Main Office

HYBRID

HORTICULTURAL THERAPY PROGRAM

Love plants and gardening? Join us for a 4-week Horticultural Therapy program in partnership with the Guelph Enabling Garden. We will share creative ways to garden and explore the world of plants using the five senses. No previous gardening experience is required.

This week will be offered virtually for the first three sessions, followed by a visit to the Enabling Garden in Guelph for an in-person Horticultural Therapy program. Please call Jaclyn, Community Programs Coordinator, for further details, 519-742-8518 ext. 2019.

VIRTUAL



May 4, May 18
and June 1



10 AM - 11 AM



Register by calling
519-742-8518 ext. 2019

IN-PERSON - GUELPH ENABLING GARDEN



June 15
(Rain Date June 29)



10 AM - 11 AM



Register by calling
519-742-8518 ext. 2019

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 together. Our main goal is to provide a warm and supportive place for people living with dementia together with their care partners to socialize, relax, and have fun together. In addition, we share useful information, such as details about educational seminars, adult day programs, and services that are designed to make living with dementia a little easier. There are no fees to join or belong to our group. Register by calling Elaine Mortensen (519-585-0186), or Karin Dobbs (519-575-2159).



2nd and 4th Tuesday



1:30 PM - 3 PM



Register by phone

MINDS IN MOTION®:



VIRTUAL PROGRAMMING:



Funded by the Government of Canada
New Horizons for Seniors Program

MAY-AUGUST IN-PERSON PROGRAMS AND SERVICES OVERVIEW

| In-Person Education Seminars | Location | Address | Time | Date |
|--------------------------------------|--------------------|------------------------------------|-------|--------|
| Mild Cognitive Impairment | Kitchener Office | 831 Frederick St. Kitchener | 1 PM | 27-May |
| Mediterranean Diet | Kitchener Office | 831 Frederick St. Kitchener | 2 PM | 8-Jun |
| Sundowning | Kitchener Office | 831 Frederick St. Kitchener | 1 PM | 13-Jun |
| Tips and Strategies for Brain Health | Kitchener Office | 831 Frederick St. Kitchener | 1 PM | 21-Jun |
| 10 Warning Signs | Kitchener Office | 831 Frederick St. Kitchener | 10 AM | 6-Jul |
| Overview of Dementia | Kitchener Office | 831 Frederick St. Kitchener | 1 PM | 14-Jul |
| Repetitious Questions | One of Our Offices | Contact our offices to learn more. | 10 AM | 9-Aug |

| In-Person Education Seminars | Location | Address | Time | Start Date | End Date |
|-------------------------------|--------------------|----------------------|-------|------------|----------|
| First Steps for Care Partners | Cambridge Office | 1145 Concession Rd. | 6 PM | 2-Jun | 23-Jun |
| Care Essentials | Kitchener Office | 831 Frederick St. | 1 PM | 12-May | 2-Jun |
| Care Essentials | One of Our Offices | Contact our offices. | 10 AM | 5-Jul | 26-Jul |

| 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 |
| Victoria Park Seniors Centre | 150 Albert St. W, Fergus | 1 PM | Thursdays |
| Stork YMCA | 500 Fisher-Hallman Rd. N, Waterloo | 1 PM | Wednesdays / Fridays |

| In-Person Social Recreation | Location | Address | Time | Start Date | End Date |
|-----------------------------|---|------------------------------------|----------|------------------|---------------------|
| July Sharing Our Voices | John M. Harper Library | 500 Fisher-Hallman Rd. N. Waterloo | 10:30 AM | 18-Jul | 29-Jul |
| August Sharing Our Voices | John M. Harper Library | 500 Fisher-Hallman Rd. N. Waterloo | 10:30 AM | 15-Aug | 26-Aug |
| Tuesday Connections | One of Our Offices | Contact our offices. | 10 AM | Tuesday Mornings | |
| Horticultural Therapy | Hybrid Program (Last Week Held at Guelph Enabling Garden) | 681 Woolwich St. Guelph | 10 AM | May 4 | June 15 (In-Person) |

| In-Person Enhancing Care | Location | Address | Time | Start Date | End Date |
|--------------------------|---------------------|---------------------|-------|------------|----------|
| TEACH | Cambridge Office | 1145 Concession Rd. | 1 PM | 6-Jul | 27-Jul |
| TEACH for Long Term Care | Highview Residences | 20 Reichert Dr. | 10 AM | 9-Aug | 30-Aug |

| In-Person Groups for Care Partners | Location | Address | Time | Start Date | End Date |
|---|------------------|--------------------------|----------|--------------------------|----------|
| Monthly Care Partner Support Group | Guelph Office | 202-25 Wellington St. W. | 10:30 AM | 2nd Tuesday of the Month | |
| Resilience in the Midst of Grief and Stress | Kitchener Office | 831 Frederick St. | 9 AM | 5-Jul | 26-Jul |

MAY-AUGUST VIRTUAL PROGRAMS AND SERVICES OVERVIEW

| 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 |
|---------------------------|-------|------------|
| Tea Time | 10 AM | Mondays |
| Wednesday Music Club | 1 PM | Wednesdays |
| Games Hour | 10 AM | Thursdays |

| 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 Enhancing Care Groups | Time | Start Date | End Date |
|-------------------------------|------|------------|----------|
| TEACH | 1 PM | 8-Jun | 29-Jun |

| Virtual Creativity Workshop | Time | Date |
|-----------------------------|---------|--------|
| Saturday May | 1 PM | 28-May |
| Friday June | 10 AM | 24-Jun |
| Saturday June | 1 PM | 25-Jun |
| Thursday July | 10 AM | 28-Jul |
| Friday July | 1:30 PM | 29-Jul |
| Thursday August | 10 AM | 25-Aug |
| Friday August | 1:30 PM | 26-Aug |

| Virtual Education Seminars | Time | Date |
|--------------------------------------|-------|--------|
| Ambiguous Loss | 10 AM | 3-May |
| Dementia: The Elephant in the Room | 10 AM | 10-May |
| End of Life: Care and Considerations | 10 AM | 17-May |
| Fall Reduction | 10 AM | 24-May |
| Overview of Dementia | 9 AM | 25-May |
| Home Safety | 10 AM | 31-May |
| Lewy Body Dementia Forum | 10 AM | 7-Jun |
| Teepa Snow Gems | 10 AM | 7-Jun |
| Overview of Dementia | 6 PM | 15-Jun |
| Cannabis - Lunch n' Learn | 12 PM | 17-Jun |
| Finding Your Way - Wandering | 6 PM | 28-Jun |
| 3 D's of Dementia | 1 PM | 8-Jul |
| Mild Cognitive Impairment | 6 PM | 26-Jul |
| Overview of Dementia | 1 PM | 3-Aug |

| Virtual First Steps for Care Partners | Time | Date |
|---------------------------------------|------|--------|
| Communication | 1 PM | 10-Aug |
| Advanced Care Planning | 1 PM | 17-Aug |
| Tools for Connecting | 1 PM | 31-Aug |

| Virtual Education Series | Time | Start Date | End Date |
|--------------------------|------|------------|----------|
| Options for Care | 6 PM | 17-May | 31-May |

| Virtual VPSC Education | Time | Date |
|-------------------------|-------|--------|
| Red Flags of Dementia | 10 AM | 11-May |
| Frontotemporal Dementia | 10 AM | 10-Jun |
| Young Onset Dementia | 10 AM | 15-Jul |
| Healthy Living | 10 AM | 12-Aug |

To register for any of our programs call our offices in Kitchener (**519-742-1422**), Guelph (**519-836-7672**) and Cambridge (**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**.





Horticultural Therapy Program

May 4th, May 18th, June 1st, and June 15th (Rain Date – June 29th)
at the **Guelph Enabling Garden** between **10 A.M. – 11 A.M.**

Love plants and gardening?

Join us for a 4-week Horticultural Therapy program in partnership with the Guelph Enabling Garden.

We will share creative ways to garden and explore the world of plants using the five senses. *No previous gardening experience is required.*

This program will be offered virtually for the first 3 sessions, followed by a visit to the Enabling Garden in Guelph for an in-person Horticultural Therapy program.

**To register, please call Jaclyn, Community Programs Coordinator
at: 226-314-0949 ext. 2019**

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 provide 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



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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