

Dementia Program Guide

Spring 2021

May - June

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. We have a great new program, “Conversation Café”, which provides social and recreational one on one support over the phone to people living with dementia. Client feedback has been amazing and we encourage you to call our office for more information. We also have a care partner support group, 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 Mon. and Wed. 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 19 for details. Everyone needs support and connection with others who are experiencing the same challenges. ASWW now offers an MCI support group the second Tues. 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
Alzheimer Society Waterloo Wellington Team

CONTENTS

General Information

What is Dementia.....	4
Our Services.....	5
Living Safely in the Community.....	5
Event Calendar.....	16-17
Community Resources.....	30
Terms of Service.....	31

Social and Recreational Programs

Minds in Motion ®	6
Green Thumbs Club.....	7
Book Club.....	7
Games Hour.....	7
Morning Tea (or Coffee) Hour.....	8
Music Project.....	8
Peer Connections.....	9
Dementia Friendly Programs in the Community.....	9

Telephone Support and Recreation

Telephone Support for Care Partners.....	10
Conversation Café.....	10
SPARK Phone Recreation Program.....	10

Intergenerational Programs

Sharing Our Voices.....	11
-------------------------	----

Education Sessions

General Education.....	22
YouTube Channel Education.....	22
First Link Learning Series - First Steps for Care Partners.....	23
First Link Learning Series - Care Essentials	23
Digital Literacy Club.....	24
Special Education Topics.....	24
Victoria Park Seniors Center.....	24

Groups for Care Partners

Enhancing Carers Program.....	26-27
Mindfulness Group.....	27
Groupe de soutien et éducation pour aidants naturels	27
Resilience in the Midst of Stress and Grief.....	28
Self Compassionate Mindfulness Group.....	28
Monthly Virtual Care Partner Support Groups.....	29

What is Dementia?

Dementia is an umbrella term for a set of symptoms that are caused by disorders affecting the brain. Symptoms may include memory loss and difficulties with thinking, problem-solving or language that affect a person's ability to perform everyday activities. Dementia is a progressive condition. It is important to arrange for a full medical assessment if you notice changes or symptoms.

Types of Dementia:

Young Onset Dementia (YOD)

Approximately 16,000 Canadians under the age of 65 are living with a form of dementia, which presents unique challenges for people in their 40's and 50's.

Alzheimer's Disease (AD)

AD affects brain cells and how they function, is irreversible and is progressive. AD eventually affects all aspects of a person's brain and their life: how they think, feel, and act. Each person is affected differently, and it can be difficult to know how symptoms will appear, or the speed of their progression. A person may experience changes in cognitive and functional abilities, emotions, moods, behaviour, and physical abilities as the disease progresses.

Vascular Dementia (VaD)

VaD, also called multi-infarct dementia, occurs when the cells in the brain are deprived of oxygen. A network of blood vessels called the vascular system supplies the brain with oxygen. If there is a blockage in the vascular system, or if it is diseased, blood is prevented from reaching the brain. A common cause of VaD is a stroke or transient ischemic attacks (TIA's).

Frontotemporal Dementia (FTD)

FTD is an umbrella term for a group of rare disorders that primarily affect the frontal and temporal lobes of the brain – the areas generally associated with personality and behaviour. With this form of dementia, a person may have symptoms such as sudden onset of memory loss, behaviour changes, or difficulties with speech and movement.

Lewy Body Dementia (LBD)

LBD is a form of dementia that affects the areas of the brain responsible for thinking and movement. A progressive loss of memory, language, reasoning and other abilities such as calculating numbers is common. Visual hallucinations are common and can be worse during times of increased confusion. Some features of LBD can also resemble those in Parkinson's disease. These include rigidity, tremors, stooped posture, and slow/shuffling movements.

Mixed Dementia (MD)

This is a term to describe when a person is experiencing more than one type of dementia at a time.

What is Mild Cognitive Impairment (MCI)?

People with MCI experience problems with memory, language, thinking or judgement that are greater than the cognitive changes associated with normal aging. These changes may be noticeable and measured in tests, but they are not serious enough to interfere with daily life and independence.

Our Services

We offer a variety of programs and services for persons living with Alzheimer's disease and other dementias, their family and friends, professionals, and the community.

Information & Education

We are committed to offering education to people living with dementia and their care partners. Education is also available to professionals and the general public.

First Link® Care Navigation

Our First Link® Care Navigators can help assess your needs, create a support plan that's right for you, connect and coordinate your services, follow up to be sure things are working and support you along the way.

Individual & Family Support

Connect with a Social Worker through phone, video, or limited in-person appointments to receive help working through individual situations and accessing support services.

Groups

Join our various support and social groups to connect with peers, gain knowledge and strategies to manage challenges, and to develop a social network of support.

Programs & Services Phone Line

Our First Link® Coordinator is available during business hours to provide support, answer questions, and help you register for programs.
Call: 519-742-8518 ext. 2090.

Services en Français

Pour accéder à nos services en français, veuillez contacter Gisèle Hauser en composant le 519-742-8518, poste 2023 ou en envoyant un courriel à ghauser@alzheimerww.ca.

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 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.



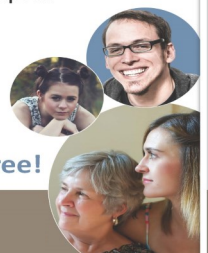
Vulnerable Persons Registry

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

The Minds in Motion® program provides the opportunity for both persons living with dementia and their care partners to participate in a program together. Beginning with a gentle, group exercise class, followed by a fun and engaging recreational activity, laughter and new friendships are often a result as participants exercise both their bodies and minds.



Some of the many benefits include:

- Improved mobility, strength, balance and flexibility.
- Sharpened mental functioning, sometimes lasting two to three days.
- Mutual support and increased sense of social participation and confidence.
- For care partners, a chance to focus on their own health while doing something fun and positive with their partner.

During Covid-19 we are offering this program by video conference using **ZOOM** technology. Thanks to the generosity of the Ontario Trillium Foundation, we are able to run this program every weekday, with some classes offered twice a week which increases the benefit of exercise for our community across Waterloo Wellington.

If you have never used ZOOM before, or are having trouble connecting, a staff member is available to help. Registrants will be emailed a link to participate prior to the session.

Pre-registration is required by calling 519-742-1422 at least one business day prior.

Current Sessions Offered

Monday & Wednesday Mornings*	10 am - 11:30 am	May 10 th - June 30 th (No Class May 24 th)
Monday & Wednesday Afternoons for People Living	1 pm - 2:30 pm	May 10 th - June 30 th (No Class May 24 th)
Tuesday Mornings	10 am - 11:30 am	May 11 th - June 29 th
Tuesday Afternoons	1 pm - 2:30 pm	May 11 th - June 29 th
Thursday Afternoons	1 pm - 2:30 pm	May 13 th - June 24 th (No Class July 1 st)
Friday Mornings	10 am - 11:30 am	May 14 th - July 2 nd

*This offering 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 .

Special thanks to our
Minds in Motion® community partners:



Social & Recreational Programs

Register for any of our upcoming sessions by calling our main office 24 hours before the session begins. **Call 519-742-1422 to register.** Registered participants will be sent an email with details on how to connect virtually. Join via computer, tablet, or laptop. These programs require the use of a video camera. Participants are welcome to sign up for multiple programs.

Green Thumbs Club



Join us for a 4-week program where we will share creative ways to garden. We will explore the beauty of nature and all it has to offer. No previous gardening experience required.

Deadline for Registration is **May 5th**

Wednesday Bi-Weekly, 1 pm - 2 pm
May 12th, 26th, June 9th, and 23rd

Book Club

Join us for a 4-week book club where we will read, discuss and even create short stories. This program is intended for persons living with dementia who enjoy reading, writing and reminiscing from the comfort of your own home.

Wednesday Bi-Weekly, 1 pm - 2 pm
May 19th, June 2nd, 16th, and 30th



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.

Thursday, 10 am - 11 am
May 13th to June 24th (NO CLASS JULY 1)

Social & Recreational Programs

Register for any of our upcoming sessions by calling our main office 24 hours before the sessions begins. **Call 519-742-1422 to register.** Registered participants will be sent an email with details on how to connect virtually. Join via computer, tablet, or laptop. These programs require the use of a video camera. Participants are welcome to sign up for multiple programs.

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, May 10th - June 28th



Music Project

The Music Project offers a personalized music package at no charge to persons living with dementia to help improve their quality of life. This includes a music device, headphones, personalized playlist and ongoing technical support.

If you or somebody you know would benefit from this program, please call **519-742-1422**.

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



Activity Packages, Adult Colouring Books

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

Contact **Gina** to receive yours by email at gina@alzheimerww.ca or by phone at 519-742-8518 ext. 2024

Social & Recreational Programs

Peer Connections - Offered Virtually During COVID-19

We are able to offer Peer Connections in partnership with the City of Kitchener and the Community Resource Centre of North & Centre Wellington in Elora.

This program is for individuals living with dementia and their care partners. The focus is to provide meaningful engagement and a space where individuals can socialize and build networks of community support.



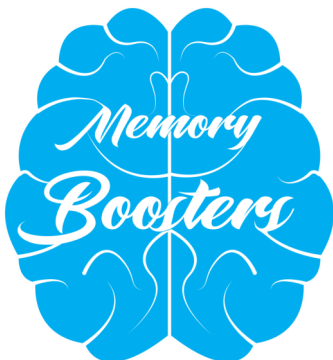
For more information or to register, please call 519-742-8518 ext. 2090.
Suggested donation: \$60

2nd & 4th Tuesday of the month, 10:30 am - 11:30 am

Dementia Friendly Programs in the Community

Please contact each program directly.

Memory Boosters



Meet new people, learn about community resources and services that are designed to make living with dementia a little easier. Our goal is to provide a warm and supportive place for people living with dementia and their care partners to socialize, relax and have fun together.

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.

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.

Conversation Cafe



Join weekly for a casual conversation. No commitment required. Call in to chat with like-minded individuals facilitated by one of our team members. Call our office at **519-742-1422** to receive the phone number used to join.

People Living with Dementia
Wednesdays, 10:30 am - 11:30 am

Care Partners
Wednesdays, 1 pm - 2 pm

SPARK Phone Recreation Program

An 8-week recreational phone-based program designed to spark thoughtful conversation. The SPARK Program engages people living with dementia through a one-to-one telephone visit with a volunteer from ASWW. Some things that the volunteers may talk about are fun facts, trivia, or just spend time reminiscing.



Begins the week of **May 24th** to the week of **July 12th**

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

Intergenerational Programs

Call 519-742-8518 ext.2090 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

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, 1 pm - 3 pm, June 5th - June 26th

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



Loneliness is real pain. It increases the risk of diseases such as heart disease, stroke and dementia.

One friendly visit a week can make a world of difference.



Friendly Visits | Caregiver Support | End of Life Companionship

www.bridgenbrighten.com | 519-505-1973 | info@bridgenbrighten.com

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

Dementia Advisor App

- Interactive format to learn about dementia and communication skills.

Dementia Talk App

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



Sinai Health System

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



GET IT ON

Google Play



Download on the

App Store

Make a difference!



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

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

For more information call our office or visit:

www.alzheimerww.ca/volunteering

Community partner advertisements are the views, thoughts, and opinions expressed solely by the advertiser, and not necessarily to the Alzheimer Society Waterloo Wellington

Thank you!

to all our amazing volunteers for their continued support in helping our clients "Live Their Best Day"



NATIONAL VOLUNTEER WEEK

April 18 - 24, 2021

The Value of One, The Power of Many

Kindness of individuals AND the magic that happens when we work together!

Meet Anita Walsh! Minds in Motion Volunteer

Alzheimer Society Waterloo Wellington

Anita – tell us a little bit about yourself!

I moved to Waterloo to be with my husband about 15 years ago. We have 2 sons (aged 4 & 6) and they keep things hoppin' at our house. I have a great job as Principal Second Violin with the Kitchener-Waterloo Symphony, but I have always gravitated towards volunteer work as a way of connecting to parts of my community that I might not otherwise engage with in my day-to-day life.

Why did you choose to volunteer with the Alzheimer Society Waterloo Wellington?

Some of the experiences I've had volunteering have been transformative - teaching me all kinds of new skills and just learning neat things. Like so many, Alzheimer's disease has impacted my life. For years I witnessed the most incredible love and dedication as my grandmother cared for my grandfather. Being a witness to her tireless sacrifice as caregiver took my breath away. Getting involved with the Alzheimer's Society is my way of honouring not just my grandparents, but everyone who is on journey of their own.

I currently volunteer with the Minds in Motion program – I started out with assisting with this, through in person sessions, but am now helping out with this program virtually! It's a well designed and researched program. I think the concept is cool - to exercise the mind and body. Plus, I don't think the program co-ordinators could be more fun. I am an introvert and really quite shy with new people, but the experience I've been having in the program has made me feel so welcomed.

What message do you have for anyone else considering volunteering with Alzheimer Society Waterloo Wellington?

Volunteering can feed the soul at any age. If you're looking to meet new people, experiment with an interest, offset boredom, have a lot of fun, or develop new skills for your résumé, consider volunteering.

Alzheimer Society Waterloo Wellington salutes Anita and the many volunteers who support us through our programmes, committees, administration and more! THANK YOU! We cannot do what we do without your support!

If you want to learn more about volunteering with us, please email asww@alzheimerww.ca

or call 519-742-1422

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.

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!

MAY 2021

Minds in Motion®

Care Groups

Education

Social & Recreational

Telephone Based



SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
2	<p>3 Teepa Snow GEMS 2 pm - 3 pm</p> <p>CARERS 10 am - 12 pm</p>	<p>4 MCI 6 pm - 7 pm</p>	<p>5 Conversation Cafe Mornings and Afternoons</p> <p>YOD Support 5 pm - 6:30 pm</p>	6	<p>7 LTC Support 10 am - 11:30 am</p> <p>The A's of Dementia 10 am - 11 am</p>	8
9	<p>10 Tea Time 10 am - 11 am</p> <p>Minds in Motion® 10 am - 11:30 am</p> <p>CARERS 10 am - 12 pm</p> <p>MCI MiM® 1 pm - 2:30 pm</p>	<p>11 Minds in Motion® 10 am - 11:30 am</p> <p>Peer Connection 10:30 am - 11:30 am</p> <p>MCI Support 1 pm - 2:30 pm</p> <p>Minds in Motion® 1 pm - 2:30 pm</p>	<p>12 Minds in Motion® 10 am - 11:30 am</p> <p>Conversation Cafe Mornings and Afternoons</p> <p>Gardening Program 1 pm - 2 pm</p>	<p>13 Games Hour 10 am - 11 am</p> <p>Minds in Motion® 1 pm - 2:30 pm</p> <p>Family/Friends Support 5:30 pm - 7 pm</p> <p>Dr. Didyk on Diagnosis 6 pm - 7:30 pm</p>	<p>14 Minds in Motion® 10 am - 11:30 am</p>	15
16	<p>17 Tea Time 10 am - 11 am</p> <p>Minds in Motion® AM / PM</p> <p>CARERS 10 am - 12 pm</p> <p>Repetitious Questions 1 pm - 2:30 pm</p>	<p>18 Minds in Motion® 10 am - 11:30 am</p> <p>Minds in Motion® 1 pm - 2:30 pm</p>	<p>19 Minds in Motion® 10 am - 11:30 am</p> <p>Conversation Cafe Mornings and Afternoons</p> <p>Book Club 1 pm - 2 pm</p> <p>MCI MiM® 1 pm - 2:30 pm</p>	<p>20 Games Hour 10 am - 11 am</p> <p>Minds in Motion® 1 pm - 2:30 pm</p> <p>Spouse/Partner Support 1:30 pm - 3 pm</p>	<p>21 Minds in Motion® 10 am - 11:30 am</p>	22
23	<p>24 Office Closed For Victoria Day</p>	<p>25 Minds in Motion® 10 am - 11:30 am</p> <p>Telephone Support 10 am - 11:30 pm</p> <p>Peer Connection 10:30 am - 11:30 am</p> <p>Minds in Motion® 1 pm - 2:30 pm</p>	<p>26 Minds in Motion® AM / PM</p> <p>Conversation Cafe Mornings and Afternoons</p> <p>Gardening Program 1 pm - 2 pm</p> <p>Overview of Dementia 6 pm - 7 pm</p>	<p>27 Games Hour 10 am - 11 am</p> <p>Minds in Motion® 1 pm - 2:30 pm</p>	<p>28 Minds in Motion® 10 am - 11:30 am</p> <p>Memory and Hearing 10 am - 11 am</p>	29
30	<p>31 Tea Time 10 am - 11 am</p> <p>Minds in Motion® 10 am - 11:30 am</p> <p>CARERS 10 am - 12 pm</p> <p>MCI MiM® 1 pm - 2:30 pm</p>					

JUNE 2021



Please call our office at 519-742-1422 for more information or to register for any of our programs.

SUN	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SAT
		1 Minds in Motion® AM/PM TEACH 10 am - 11:30 am U-First!® 6 pm - 8 pm	2 Minds in Motion® AM/PM Conversation Cafe Mornings and Afternoons Book Club 1 pm - 2 pm YOD Support 5 pm - 6:30 pm	3 Games Hour 10 am - 11 am Minds in Motion® 1 pm - 2:30 pm First Steps for Carers 1 pm - 3 pm	4 Minds in Motion® 10 am - 11:30 am LTC Support 10 am - 11:30 am	5
6	7 Tea Time 10 am - 11 am Minds in Motion® 10 am - 11:30 am CARERS 10 am - 12 pm MCI MiM® 1 pm - 2:30 pm	8 P.C. MiM® TEACH 10 am - 11:30 am MCI Support 1 pm - 2:30 pm U-First!® 6 pm - 8 pm	9 Minds in Motion® AM/PM Conversation Cafe Mornings and Afternoons Finding Your Way 10 am - 11 am Gardening Program 1 pm - 2 pm	10 Games Hour 10 am - 11 am Minds in Motion® 1 pm - 2:30 pm First Steps for Carers 1 pm - 3 pm Family/Friends Support 5:30 pm - 7 pm	11 Minds in Motion® 10 am - 11:30 am	12
13	14 Tea Time 10 am - 11 am Minds in Motion® 10 am - 11:30 am MCI MiM® 1 pm - 2:30 pm	15 Minds in Motion® AM/PM TEACH 10 am - 11:30 am U-First!® 6 pm - 8 pm	16 Minds in Motion® AM/PM Conversation Cafe Mornings and Afternoons Book Club 1 pm - 2 pm MCI MiM® 1 pm - 2:30 pm	17 Games Hour 10 am - 11 am Minds in Motion® 1 pm - 2:30 pm First Steps for Carers 1 pm - 3 pm Spouse/Partner Support 1:30 pm - 3 pm	18 Minds in Motion® 10 am - 11:30 am Teepa Tips 10 am - 11 am	19
20	21 Tea Time 10 am - 11 am Minds in Motion® 10 am - 11:30 am MCI MiM® 1 pm - 2:30 pm	22 Minds in Motion® AM/PM TEACH 10 am - 11:30 am Peer Connection 10:30 am - 11:30 am	23 Minds in Motion® 10 am - 11:30 am Conversation Cafe Mornings and Afternoons Gardening Program 1 pm - 2 pm MCI MiM® 1 pm - 2:30 pm	24 Games Hour 10 am - 11 am Minds in Motion® 1 pm - 2:30 pm First Steps for Carers 1 pm - 3 pm	25 Minds in Motion® 10 am - 11:30 am	26
27	28 Tea Time 10 am - 11 am Minds in Motion® 10 am - 11:30 am MCI MiM® 1 pm - 2:30 pm	29 Minds in Motion® 10 am - 11:30 am Telephone Support 10- 11:30 pm Minds in Motion® 1 pm - 2:30 pm	30 Minds in Motion® AM/PM Conversation Cafe Mornings and Afternoons Book Club 1 pm - 2 pm Brain Health 1 pm - 2 pm			

We learned during the onset of the COVID-19 pandemic that when given the opportunity to show their support in their own way, Canadians rise to the challenge, have fun and show great success.

Our supporters have broadened the definition of “Walk” and many are getting active in a way that suits them, including cycling, swimming, canoeing, running, skiing, doing yoga, baking or even line dancing! So come on, join us, and “Walk” Your Way



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

Alzheimer Society

**WALK
YOUR WAY**

There are many ways to take part in the IG Wealth Management Walk for Alzheimer's. To find out more about the IG Wealth Management Walk for Alzheimer's and to register to Walk your way,

visit <http://www.alzgiving.ca/ww> today!

For more information contact *Kathy Irwin* by phone at *519-742-8518 ext. 2045*

or by email at *fdadmin@alzheimerrww.ca*

Alzheimer Society
WATERLOO WELLINGTON



LEARNING THE *Ropes* FOR LIVING WITH MCI®

Memory Training and Support to
Optimize Cognitive Health

Learning the Ropes is aimed at older
adults diagnosed with Mild Cognitive
Impairment (MCI) and
their care partner

The focus is on optimizing cognitive health through life-style choices, memory training, and social support while also learning what MCI is and how it differs from normal aging and dementia. 6 weekly sessions. Cost \$30 per person - includes workbook.



Practical in-session
and take home
exercises aimed at
improving everyday
remembering.



Learn how stress, diet,
and leisure activities
influence memory
ability.



Discover
approaches for
effectively living with a
relative experiencing
MCI.

**For more information, call 519-742-8518 x 2090
Physician Referral Required**

Baycrest

We gratefully acknowledge all those who have made donations in memory of a loved one who has ended their journey with dementia this year.

We are beginning a Memorial page starting in our next program guide starting with those who have passed away since January 1st, 2021.

If you would like your loved one's name to appear in our Memorial page, please contact Kathy Irwin at fdadmin@alzheimwrww.ca or at 519-742-8518 Ext 2045 with their name and the date they passed away.

You too can make a difference for those living with dementia right in our own community by arranging for or making a memorial donation. Please ensure that your donation is designated to the **Alzheimer Society Waterloo Wellington (ASWW)** to ensure that your gift can be used to support local programs and services. This meaningful gift can help others journeying with dementia to **"Live Their Best Day"**. For more information, please contact Lorri Watamaniuk at lorri@alzheimerwerww.ca or at 519-742-8518 Ext 2021.

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!

Thank You

Thank you, Tradition Mutual Insurance, for partnering with Gabrielle Thierren in her donation to the Alzheimer Society in memory of her grandmother, Cécile Fortier.



Thank you to the Galt Kiltie Band for their generous donation in memory of their friend and band member Ed Barlow. Ed was the lead clarinet player for the band for many years.

Education

Register up to 24 hours before the session by calling our main office at 519-742-1422. Registered participants will be sent an email with details on how to connect virtually by phone, computer, tablet or laptop. These sessions are offered via Zoom but do not require a web-camera. Please note: Education events with insufficient registration will be cancelled.

General Education

Overview of Dementia | Wednesday May 26th, 6 pm or Tuesday, June 22nd, 10 am

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 | Tuesday, May 4th, 6 pm - 7 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.

Finding Your Way[®] | Wednesday, June 9th, 10 am - 11 am

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

U-First![®] for Care Partners

U-First![®] for Care Partners | Tuesdays, 6 pm - 8 pm, June 1st, 8th, and 15th

U-First![®] for Care Partners is a new education program for family and friends who are providing direct support to someone experiencing behaviour changes as a result of dementia or other cognitive impairment. For this three week course you are provided with a hard copy workbook and a tool which compliments the lessons, at no charge.

This is an advanced course which has a prerequisite of other dementia education such as First Steps for Care Partners or Care Essentials.

To participate, please contact **519-742-8518 ext. 2090**.

Deadline for registration is **May 20th**

Contact our First Link Coordinator, at **519-742-8518 ext. 2090**, to book an intake appointment to find the First Link[®] Learning Series 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.

The First Link[®] Learning Series (FLLS) is a progressive learning series for people living with dementia and their care partners to learn, with and from each other, strategies for living well with their diagnosis and/or their role as a care partner. It is designed to promote peer support and empowerment.

The FLLS is offered over the course of the dementia journey (learning in time and over time as content is relevant to learners' situations).

Each series consists of a number of modules relevant to that stage in their lives.

First Steps for Care Partners

First Steps for Care Partners | Thursday, 1 pm - 3 pm, June 3rd - June 24th

A 4-week introductory series for care partners that focuses on understanding & supporting a person living with dementia. This series covers topics including:

Understanding dementia

Enhancing Communication

Managing Risk

Future planning

Care Essentials

Care Essentials | Tuesdays, 1 pm - 3 pm, July 6th - July 27th

Care Essentials is an 4-week series that covers issues commonly faced by care partners supporting someone with dementia. Learn strategies to enhance communication and understanding and responding to behaviours.

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 main office at 519-742-1422.

Registered participants will be sent an email with details on how to connect virtually by phone, computer, tablet or laptop. These sessions are offered via Zoom but do not require a web-camera. Please note: Education events with insufficient registration will be cancelled.

Special Education Topics

Teepa Snow GEMS Stages | Monday, May 3rd, 2 pm - 3 pm

Teepa Snow, world renowned Occupational Therapist and dementia expert, brings a very positive approach to looking at the various stages of the dementia experience. The focus is on people's strengths. We will see some film clips to help us understand what good activities at different points in a person's journey might be.

Dr. Didyk - After the Diagnosis | Thursday, May 13th, 6 pm - 7:30 pm

Dr. Nicole Didyk will address some of the issues that arise after a dementia diagnosis such as understanding the symptoms, dealing with denial, validating and dealing with feelings of helplessness and grief over diagnosis.

Registration for this free event is through [Eventbrite](#)

Repetitious Questions | Monday, May 17th, 1 pm - 2:30 pm

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

Memory and Hearing Health - The Connection | Friday, May 28th, 10 am - 11 am

These two issues are different, but share some similar characteristics, and can influence each other. There will be time for questions after the presentation. Guest speaker is **Joyce Haynes** from

Brain Health | Wednesday June 30th, 1 pm - 2 pm

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

Victoria Park Seniors Center Education

Register for the Zoom education by emailing kmorgan@centrewellington.ca or by phoning **519-846-9691** ext. 277

The A's of Dementia | Friday, May 7th, 10 am - 11 am

The A's of dementia describe the symptoms of dementia that will affect how a person will think and act.

Teepa Tips | Friday, June 18th, 10 am - 11 am

This session looks at the top tips shared by Teepa Snow (dementia care specialist) using a person-centered care approach.

AFTER THE DIAGNOSIS

DATE AND TIME:

Thursday, May 13th from 6 to 7:30 p.m.

VENUE:

Zoom

EVENTBRITE LINK:

<https://bit.ly/3typMyx>



KEY SPEAKER:

Dr. Nicole Didyk

ABOUT THE WEBINAR:

Dr. Nicole Didyk will address some of the issues that arise after a dementia diagnosis including:

- how to have difficult conversations regarding the diagnosis, particularly if there is denial or a refusal to accept.
- getting to know the symptoms of dementia including those that are surprising, severe, and complex to manage
- validating and dealing with feelings of helplessness and grief over diagnosis and increased feelings of isolation

ABOUT PRESENTER DR. NICOLE DIDYK:

Dr. Nicole Didyk completed her medical degree, Geriatric Medicine Fellowship, and Masters in Education at McMaster University, and has been a Geriatrician in Kitchener-Waterloo since 2004. Her clinical practice includes caring for those who are aging through home visits, outreach to long-term care and retirement homes and a Geriatric Medically Complex Clinic. You can catch up with her on her website: www.TheWrinkle.ca, where she dispenses medical education about aging with wit and wisdom.

To learn more or to contact the Alzheimer Society Waterloo Wellington:

call 519-742-1422 or e-mail asww@alzheimerww.ca

www.alzheimer.ca/ww

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.



Sinai Health System

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

The TEACH and CARERS programs are offered virtually through ASWW. Contact Jeanetta Grawbarger, Social Worker, at 519-742-8518 ext. 2026



Ontario
Ministry of
HEALTH AND
LONG-TERM CARE

TEACH Program

Tuesdays, 10 am - 11:30 am, June 1st - June 22nd

TEACH (Training, Education, and Assistance for Caregiving at Home) is a 4-week program that focuses on common caregiving themes including:

Self-care

Healthcare system navigation

Relationship changes

Future planning

- Coach care partners in practical communication and coping skills.
- Provides opportunity to share and learn from other care partners.

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

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

Groups for Care Partners

CREATE Program

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

For more information or to register, please call 519-742-8518 ext. 2090.

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.

SOCIAL
with a purpose

Staying connected,
even while staying
physically apart.

on.alz.to/socialwithapurpose



Contact Lorri Watamaniuk by phone at 519-742-8518 ext. 2021
or by email at lorri@alzheimerww.ca

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 insignificant registration will be cancelled.

Registered individuals could participate in each session through either telephone or video conference using ZOOM technology.

If you have any technical difficulties and would like some assistance, please contact Pete Morey, our Virtual Program Assistant, at 519-742-8518 x 2027 for technical support.

Young Onset Dementia (YOD) 1 st 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.
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Long-Term Care Home 1 st Friday of the month	For care partners who are assisting someone living in a long-term care home or retirement home.
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Mild Cognitive Impairment 2 nd Tuesday of the month 1 pm - 2:30 pm	This group is an opportunity to connect with others who are caring for someone living with Mild Cognitive Impairment (MCI).
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Family and Friends 2 nd 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.
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Spouses/Partners 3 rd Thursday of the month 1:30 pm – 3 pm	For care partners who are supporting their spouses/ partners.
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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 – LHIN Local Health Integration Network	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, Local Health Integration Network’s (LHIN) Home and Community Care, day program providers and community support services. You can tell us if you do not want us to share information with certain members of your circle. You may also give us permission, verbally or in writing, to share your personal information with any individual or organization outside of your circle of care.

Exceptions to confidentiality in which staff members have a duty to report or are required to share your personal health information without your permission include some of the following examples:

- a) Medical emergencies
- b) Court-order
- c) If we believe you or someone you know is at risk of, or experiencing harm to self or others
- d) If a child under the age of 16 could be at risk
- e) Professional misconduct in the form of abuse or behaviours that have placed you or someone you know at risk

Questions or concerns about our terms of service can be discussed with an ASWW staff member. Alternatively, you may contact our office and request to speak with the ASWW’s Privacy Officer for more information or to make a complaint. You may also forward complaints about ASWW’s handling of your information to the Information and Privacy Commissioner of Ontario: by phone (1-800-387-0073); or by mail (1400-2 Bloor Street East, Toronto, Ontario, M4W 1A8).

Contact Us

asww@alzheimerww.ca

www.alzheimerww.ca

Charitable Registration Number 10670 5338 RR0001



Our Offices

Kitchener: 831 Frederick St. N2B 2B4 | 519-742-1422 | Fax: 519-742-1862
Bus Route #20

Cambridge: 1145 Concession Rd. N3H 4L5 | 519-650-1628 | Fax: 519-742-1862
Bus Route #56 & #64

Guelph: 69 Huron Rd. N1E 5L6 | 519-836-7672 | Fax: 519-742-1862
Bus Route #4 & #14

