

A close-up photograph of a leaf covered in a delicate layer of white frost. The leaf's veins are visible, and the background is softly blurred, showing more of the frosty foliage.

ALZHEIMER SOCIETY WATERLOO WELLINGTON

DEMENTIA PROGRAM GUIDE

*Programs and Services from
September to December 2022*

*Programmes et services de
septembre à décembre 2022*

Alzheimer Society

WATERLOO WELLINGTON

www.alzheimerww.ca

FALL 2022

COURAGE & CONNECTIONS

A CAREGIVER INFORMATION SERIES

— presented by  **SUNNYSIDE**
Foundation



SEPT.14
6-730 PM

KEEPING YOUR BRAIN SHARP

Janine Wilson,
Alzheimer Society
Waterloo Wellington

The latest tips and strategies.

Space is limited
Registration is required

Contact Melissa
at 519-579-1020 x10037
or melissa.malo@waterloo.ca



SEPT.21
6-730 PM

WHAT IF IT'S NOT ALZHEIMER'S?

Dr. Nicole Didyk

Dr. Didyk is a geriatrician at
Cambridge Memorial Hospital.
(World Alzheimer's Day)

OCT.5
6-730 PM

CARING FOR SELF WHILE CARING FOR OTHERS

Robin Smart, Alzheimer Society
Waterloo Wellington

Includes a self-care package.



SEPT.28
6-730 PM

A DAY IN THE LIFE OF A DAY PROGRAM

Corrie Bradley,
Sunnyside Senior Day Program
& Melissa Malo, City of Waterloo
Senior Day Program

Includes a take-home activity kit.

Hosted in partnership with

Alzheimer Society
WATERLOO WELLINGTON



Region of Waterloo

THE CITY OF 
Waterloo

**At the Waterloo Memorial
Recreation Complex
Community Pavilion**

**101 Father David Bauer Drive
Waterloo, Ontario**

Masks will be available

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MESSAGE FROM OUR EXECUTIVE DIRECTOR

This fall, we are excited to announce the first annual Brighten Your Spirits live auction and event. Join us on September 30 in Elora for a night of signature drinks, good food and company.

Our dementia-based education is offered both in-person and in the community. We offer several one-off education courses in partnership with the Victoria Seniors Centre in Fergus. If you want to expand your dementia education on select Friday mornings - don't miss these (page 6)! Check out Dementia Friendly Communities on Friday, November 18, for a great seminar about supporting people living with dementia in activities of daily living.

Our Minds in Motion® team has been hard at work expanding our in-person offerings. We now have classes in Waterloo, Kitchener, Fergus, Guelph and Cambridge. Check out page 10 for a chart of all of our classes!

Finally, with the weather becoming colder and the leaves turning colours, it is time to reflect on our past year. Our Annual Meeting is Wednesday, September 21, and we hope to discuss new by-laws, share exciting news and meet with our community members. We hope to see you there!

- Michelle Martin, Executive Director

EDUCATION

FOUNDATIONAL COURSES

Join our Public Education Coordinators virtually on Zoom or in-person at our offices across the region for dementia-based education seminars. Register over the phone by calling **519-650-1628** (Cambridge Area), **519-836-7672** (Guelph Area) or **519-742-1422** (Kitchener Area). Our virtual seminars do not require a camera; join via computer, phone, or tablet.

OVERVIEW OF DEMENTIA

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

IN-PERSON - CAMBRIDGE

 Thursday, November 17	 1 PM - 2 PM	 Register through our Main Office
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VIRTUAL

 Wednesday, September 7	 10 AM - 11 AM	 Register through our Main Office
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 Tuesday, October 4	 6 PM - 7 PM	 Register through our Main Office
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 Thursday, December 1	 1 PM - 2 PM	 Register through our Main Office
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MILD COGNITIVE IMPAIRMENT (MCI)

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

IN-PERSON - CAMBRIDGE

 Thursday, September 22	 1 PM - 2 PM	 Register through our Main Office
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IN-PERSON - KITCHENER

 Wednesday, November 30	 10 AM - 11 AM	 Register through our Main Office
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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

SEP

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, September 1, September 15 and September 29	 1 PM - 3 PM	 Register through Social Worker
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KITCHENER

TAKING CONTROL OF OUR LIVES

OCT

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.

 Wednesdays, October 5 to November 23	 10 AM - 12 PM	 Register through Social Worker
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KITCHENER

FIRST STEPS FOR CARE PARTNERS

OCT

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 or 519-742-8518 ext. **2090**.



Thursdays,
October 6 to October 27



1 PM - 3 PM



Register through Social Worker

VIRTUAL

U-FIRST!® FOR CARE PARTNERS

OCT

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 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. Deadline to register is **Wednesday September 28**.



Tuesday,
October 11 to October 25



6 PM - 8 PM



Register through Social Worker

VIRTUAL

OPTIONS FOR CARE

NOV

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



Mondays,
November 21 to November 28



1 PM - 3 PM



Register through Social Worker

VIRTUAL

CARE ESSENTIALS - ABRIDGED

NOV

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

UNDERSTANDING THE STAGES



Tuesday, November 1



6 PM - 7 PM



Register through our Main Office

BRAIN AND BEHAVIOUR



Tuesday, November 8



6 PM - 7 PM



Register through our Main Office

RESPONSIVE BEHAVIOUR



Tuesday, November 15



6 PM - 7 PM



Register through our Main Office

ENHANCED COMMUNICATION



Tuesday, November 22



6 PM - 7 PM



Register through our Main Office

KITCHENER

FIRST STEPS FOR CARE PARTNERS - ABRIDGED

DEC

This is a drop-in-friendly version of 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 AND BEHAVIOUR



Tuesday, December 6



1 PM - 2 PM



Register through our Main Office

ADVANCED CARE PLANNING



Tuesday, December 13



1 PM - 2 PM



Register through our Main Office

TOOLS FOR CONNECTING



Tuesday, December 20



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

MEDITERRANEAN DIET

SEP

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.



Friday, September 9



10 AM - 11 AM



Register through VPSC
519-846-9691 ext. 277

VIRTUAL

CARE IN THE LATER STAGES

OCT

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



Friday, October 7



10 AM - 11 AM



Register through VPSC
519-846-9691 ext. 277

VIRTUAL

DEMENTIA FRIENDLY COMMUNITIES

NOV

Dementia Friendly Communities will provide you with a better understanding of dementia, and the needs of people living with dementia, as they go about their everyday activities. It will include a section on Finding Your Way®, which helps people recognize the risk of going missing, be prepared for missing incidents, and gives tips to increase the safety of people with dementia living in the community.



Friday, November 18



10 AM - 11:30 AM



Register through VPSC
519-846-9691 ext. 277

VIRTUAL

CHEAT SHEET

DEC

This talk will provide you with suggestions on how to support conversation for people living with dementia. It includes suggestions for conversation starters and an opportunity for questions.



Friday, December 9



10 AM - 11 AM



Register through VPSC
519-846-9691 ext. 277

VIRTUAL SPECIAL TOPICS

VIRTUAL

VASCULAR DEMENTIA FORUM

SEP

Vascular dementia (VaD) is considered the second most common type of dementia. Learn about the different types, and how you can reduce your risk.



Tuesday, September 20



10 AM - 11 AM



Register through
our Main Office

VIRTUAL

TIPS AND STRATEGIES FOR BRAIN HEALTH

OCT

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.



Monday, October 17



1 PM - 2 PM



Register through
our Main Office

VIRTUAL

10 WARNING SIGNS

NOV

This talk looks at 10 Warning Signs and possible red flags for dementia, what to look for in daily life, and if you are concerned about someone's function or memory.



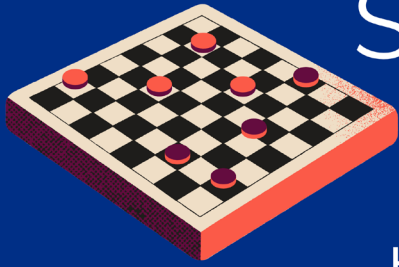
Thursday, November 3



1 PM - 2 PM



Register through
our Main Office



SOCIAL WITH A PURPOSE



Have Fun & Make a IMPACT

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 Howard at howard@alzheimerww.ca.

IN-PERSON SPECIAL TOPICS

KITCHENER

CHEAT SHEET

OCT

This talk will provide you with suggestions on how to support conversation for people living with dementia. It includes suggestions for conversation starters and an opportunity for questions.



Tuesday, October 18



1 PM - 2 PM



Register through our Main Office

KITCHENER

HOLIDAY HINTS

DEC

This talk considers adaptations to make social times easier for those living with dementia, and will give tips for handling big holidays and gift giving.



Wednesday, December 7



1 PM - 2 PM



Register through our Main Office

CAMBRIDGE

TIPS AND STRATEGIES FOR BRAIN HEALTH

DEC

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.



Thursday, December 15



10 AM - 11 AM



Register through our Main Office

SOCIAL WORK

ENHANCING CARE FOR CARE PARTNERS


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

To register, please contact Colleen Martin by phone at 519-742-8518 ext. **2015** or by email at cmartin@alzheimerww.ca


TEACH

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


VIRTUAL - SEPTEMBER

 Tuesdays, September 13 to October 4 (4 weeks)


 6:30 PM - 8 PM

 Register through 519-742-8518 ext. **2015**

IN-PERSON (KITCHENER) - NOVEMBER

 Fridays, November 4 to November 25 (4 weeks)


 10 AM - 11:30 AM


 Register through 519-742-8518 ext. **2015**


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.


CARERS FOR SPOUSES AND PARTNERS - CAMBRIDGE


 Wednesday, October 19 to December 14 (No class on November 30)


 1 PM - 3 PM

 Register through 519-742-8518 ext. **2015**

CARERS FOR ADULT CHILDREN - VIRTUAL

 Thursdays, September 29 to November 17 (8 weeks)

 6 PM - 8 PM

 Register through 519-742-8518 ext. **2015**


GROUPS FOR CARE PARTNERS


VIRTUAL

MONTHLY CARE PARTNER SUPPORT GROUPS


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


YOUNG ONSET DEMENTIA (YOD)

 1st Wednesday

 5 pm - 6:30 pm

LONG-TERM CARE HOME (LTC)

 1st Friday

 10 am - 11:30 am

SPOUSES / PARTNERS

 2nd Wednesday


 1:30 pm - 3 pm


FAMILY AND FRIENDS

 2nd Thursday


 5:30 pm - 7 pm


MILD COGNITIVE IMPAIRMENT (MCI)

 2nd Friday

 9:30 am - 10:30 am

TELEPHONE SUPPORT

 Last Tuesday

 10 am - 11:30 am

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 and our Kitchener office, if these location are 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**.

GUELPH OFFICE



2nd Tuesday of the Month,
Beginning May 10



10 AM - 11:30 AM



Register through your
Social Worker or **2090**

KITCHENER OFFICE



4th Tuesday of the Month,
Beginning August 23



10 AM - 11:30 AM



Register through your
Social Worker or **2090**

KITCHENER

LEARNING THE ROPES®

OCT

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

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



Mondays, October 17 to
November 21 (6 weeks)



1 PM - 3 PM



Call 226-314-0949 ext.
2019 to learn more

Recruiting Volunteers

We are currently looking for persons who are eager to make an impact! If you are someone who wants to give back to your community and work alongside an excellent team working towards helping our clients live their best day - this is an opportunity for you!



Find out more by
contacting:

pferarri@
alzheimerww.ca

519-742-8518 x 2020

There are many different ways to volunteer with the Society - whether you want to put your office skills to work, assist with our virtual or in person programming, or make follow up phone calls - there is something for everyone!

SOCIAL RECREATION

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

VIRTUAL PROGRAMMING:



SUPPORTED BY:



MINDS IN MOTION®

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

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

MONTHLY SOCIAL RECREATION

VIRTUAL

WEDNESDAY MUSIC CLUB

Love listening to music? Come join us on Wednesdays for some weekly music listening, sing along, and conversation. This program will offer music that you enjoy and provide opportunities for social engagement.



Wednesday Mornings



1 PM - 2 PM



Register through our Main Office

PHONE

SPARK PHONE PROGRAM

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. Please contact our First Link Care Coordinator to learn session start dates and how to join.



Register through
519-742-8515 ext. 2020

VIRTUAL

GAMES HOUR

Looking for some fun for your brain? Sign-up for our online Games Hour and play Bingo, Jeopardy, Trivia and more with others. Guaranteed to make you think while brightening your day.



Thursday Mornings



10 AM - 11:30 AM



Register through
our Main Office

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 AM - 11:30 AM at the John M. Harper Library in Waterloo (500 Fisher-Hallman Rd. N. Waterloo)

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

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 Area (519-650-1628), Guelph Area (519-836-7672) and Kitchener Area (519-742-1422). In the event that public health restrictions change, Sharing Our Voices will be offered virtually.

SEPTEMBER - STORK YMCA, WATERLOO



Saturdays, September 10 to
November 26



10:30 AM - 11:30 AM



Register through
our Main Office

OCTOBER - A.R KAUFMAN YMCA, KITCHENER



Thursdays, October 20 to
November 24



10:30 AM - 11:30 AM



Register through
our Main Office

VIRTUAL

CREATIVITY WORKSHOP

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

SEPTEMBER



Friday,
September 23



10 AM - 11:30 AM



Saturday,
September 24



1 PM - 2:30 PM

OCTOBER



Friday,
October 21



10 AM - 11:30 AM



Saturday,
October 22



1 PM - 2:30 PM

NOVEMBER



Friday,
November 25



10 AM - 11:30 AM



Saturday,
November 26



1 PM - 2:30 PM

DECEMBER



Friday,
December 16



10 AM - 11:30 AM



Saturday,
December 17



1 PM - 2:30 PM

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. 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 Anne Hopewell (519-954-3565).



2nd and 4th Tuesday



1:30 PM - 3 PM



Register by phone

SEPTEMBER-DECEMBER IN-PERSON PROGRAMS AND SERVICES OVERVIEW

In-Person Education Seminars	Location	Address	Time	Date
Mild Cognitive Impairment	Cambridge Office	1145 Concession Rd. Cambridge	1 PM	22-Sep
Cheat Sheet	Kitchener Office	831 Frederick St. Kitchener	1 PM	18-Oct
Overview of Dementia	Cambridge Office	1145 Concession Rd. Cambridge	1 PM	17-Nov
Mild Cognitive Impairment	Kitchener Office	831 Frederick St. Kitchener	10 AM	30-Nov
Holiday Hints	Kitchener Office	831 Frederick St. Kitchener	1 PM	7-Dec
Tips and Strategies	Kitchener Office	831 Frederick St. Kitchener	1 PM	15-Dec

In-Person Education Seminars	Location	Address	Time	Start Date	End Date
Care Essentials	Kitchener Office	831 Frederick St.	1 PM	1-Sep	29-Sep
Taking Control Of Our Lives	Kitchener Office	831 Frederick St.	10 AM	5-Oct	23-Nov
First Steps for Care Partners	Kitchener Office	831 Frederick St.	10 AM	6-Oct	27-Oct
First Steps for Care Partners (Abr.)	Kitchener Office	831 Frederick St.	10 AM	6-Dec	20-Dec

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
Waterloo Recreation Complex	101 Father David Bauer Dr. Waterloo	9:30 AM	Thursdays
Victoria Park Seniors Centre	150 Albert St. W. Fergus	1 PM	Thursdays

In-Person Social Recreation	Location	Address	Time	Start Date	End Date
Sharing Our Voices	Stork YMCA	500 Fisher-Hallman Rd. N. Waterloo	10:30 AM	10-Sep	26-Nov
Sharing Our Voices	Stork YMCA	500 Fisher-Hallman Rd. N. Waterloo	10:30 AM	20-Oct	24-Nov

In-Person Enhancing Care	Location	Address	Time	Start Date	End Date
TEACH	Bridgeport Centre	20 Tyson Dr. Kitchener	10 AM	4-Nov	25-Nov
Carers for Spouses and Partners	Cambridge Office	1145 Concession Rd.	6:30 PM	19-Oct	14-Dec

In-Person Groups for Care Partners	Location	Address	Time	Start Date	End Date
Guelph Monthly Care Partner Support Group	Guelph Office	202-25 Wellington St. W.	10 AM	2nd Tuesday of the Month	
Kitchener Monthly Care Partner Support Group	Kitchener Office	831 Frederick St.	10 AM	4th Tuesday of the Month	
Learning the Ropes	Kitchener Office	831 Frederick St.	1 PM	17-Oct	23-Nov

SEPTEMBER-DECEMBER 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	6:30 PM	13-Sep	25-Nov
CARERS for Adult Children	6 PM	29-Sep	17-Nov

Virtual Creativity Workshop	Time	Date
Friday September	10 AM	23-Sep
Saturday September	1 PM	24-Sep
Friday October	10 AM	21-Oct
Saturday October	1 PM	22-Oct
Friday November	10 AM	25-Nov
Saturday November	1 PM	26-Nov
Friday December	10 AM	16-Dec
Saturday December	1 PM	17-Dec

Virtual Education Seminars	Time	Date
Overview of Dementia	10 AM	7-Sep
Overview of Dementia	6 PM	4-Oct
Overview of Dementia	1 PM	1-Dec
Vascular Dementia Forum	10 AM	20-Sep
Tips and Strategies	1 PM	17-Oct
10 Warning Signs	1 PM	3-Nov

Virtual Care Essential	Time	Date
Understanding the Stages	6 PM	1-Nov
Brain and Behaviour	6 PM	8-Nov
Responsive Behaviour	6 PM	15-Nov
Enhanced Communication	6 PM	22-Nov

Virtual Education Series	Time	Start Date	End Date
U-First!	6 PM	11-Oct	25-Oct
Options for Care	1 PM	21-Nov	28-Nov

Virtual VPSC Education	Time	Date
Mediterranean Diet	10 AM	9-Sep
Care in the Later Stages	10 AM	7-Oct
Dementia Friendly Communities	10 AM	18-Nov
Cheat Sheet	10 AM	9-Dec

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

If you would like to register online or stay up-to-date with our most current programs and offerings, please sign up for our twice monthly newsletter by visiting
alzheimer.ca/ww/en/whats-happening/newsletter



LEND A HAND THROUGH MONTHLY DONATION

MAKE IT MONTHLY!!

"The Alzheimer Society stands for hope for us.

The compassion and the understanding they provide people like Henry allow him to stay active and keep his brain working, while allowing me the chance to take a break." Sue, care partner to Henry

So how can you help people like Sue and Henry? Our hope is that you will take advantage of the opportunity to make an impact by becoming a monthly donor for the Alzheimer Society of Waterloo Wellington.

When you become a monthly donor, your gift will be matched for the next year*, thanks to the Catherine Booth & Michael Kirk Social Recreation Fund.

519-742-8518 EXT 2025

carolyn@alzheimerww.ca

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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