

## **Stouffville DAY Centre now open Mondays to provide personalized care to those living with Alzheimer's and other dementias**

*Alzheimer Society of York Region's DAY Centres offers much-needed respite for caregivers*

FOR IMMEDIATE RELEASE

STOUFFVILLE, ON (March 8, 2018) – For more than a year, Stouffville resident Joan Gomes has been requesting the Alzheimer Society of York Region (AS York) to open its Stouffville [DAY Centre](#), which provides a structured and recreational program for people living with dementia, three days a week.

Her wish has been granted as AS York recently received funding from the Central Local Health Integration Network (LHIN), in partnership with Parkview Services for Seniors at Parkview Village, adding Mondays to the program, which currently runs Tuesdays and Wednesdays.

“I have nothing but good things to say about the DAY Centre,” said Gomes, whose husband, Selwyn, who is living with Alzheimer's, attended the DAY program in Stouffville. “It's fantastic. The people who work there are very caring. They have a lot of empathy for your situation and (Selwyn) seemed to have a good time there.”

Eighteen clients came to the first Monday opening, Jan. 8. The program is now full, with 20 people taking advantage of the extra day of respite care for their loved ones and a waiting list of people looking to join the program.

“Our DAY program gives primary caregivers much-needed respite,” said Loren Freid, Chief Executive Officer of AS York. “Caregivers give so much of their time and energy every day. The DAY Centre allows them to focus on other things, including themselves.”

AS York offers three DAY Centres in Aurora, Thornhill and Stouffville, offering person-centered, individualized care, planned social, physical and recreational activities and counselling and support for caregivers.

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### **About the Alzheimer Society York Region (AS York)**

The Alzheimer Society of York Region has been a leader in actively supporting individuals and families coping with Alzheimer's disease and other dementias since 1985. Our history of delivering quality, dementia-specific day program services, an enriched social work program and education opportunities is well respected.

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