Program Guide

Programs for people living with dementia and their care partners

Alzheimer Society

WATERLOO WELLINGTON
Dear Friends,

Alzheimer Society Waterloo Wellington (ASWW) is so proud to be able to partner with people living with dementia, their care partners, and our community. We strive to provide client centered, high quality responsive services including education, social work support and social/recreational opportunities. We are grateful for our donors, sponsors, partners and volunteers - through their generosity we are able to support our community.

Feedback about our new format of learning support groups has been excellent. We are thrilled to hear that people really enjoy the education based format coupled with time for meaningful sharing and discussion. Thank you to all who participated in the groups and provided invaluable feedback. We listened, and will be offering more opportunities for support such as the Peer Connections groups, in partnership with the City of Kitchener in 2017.

We launched our Ontario Telemedicine Network (OTN) support groups in January 2017, and feedback has been extraordinary. This innovative practice is led by an ASWW Social Worker who is housed at one location, and can connect to other locations simultaneously using a secure network connection. People meet virtually to learn, share experiences, and support each other. This technology allows us to improve access in rural communities, as we can link locations together to create a meaningful support group experience.

We are moving our Guelph office on March 31, 2017 to better serve our clients. The office, currently located at 255 Woodlawn Road West will be moving to 69 Huron Street in Guelph in partnership with St. Joseph’s Health Centre Guelph and Specialized Geriatric Services. We will be co-located with the health care providers that we interact with the most when working with our clients. This will mean more collaborative communication and better care coordination. This “hub” includes an Adult Day Program, the Community Responsive Behaviour Team, Intensive Geriatric Service Workers and Clinical Intake. We are so excited for this opportunity to enhance client experience by improving access and coordination to care.

The Society will continue to operate in a continuous quality improvement culture. In 2017, we will be conducting more program evaluations and focus groups so we can ensure your voices are heard. We want to be certain that we are providing the most client centered care possible so that together, we can improve quality of life for our clients. Your feedback is essential to this process, and we look forward to engaging with you.

This is going to be an exciting year. Thank you for taking the journey with us.

Warm regards,

Michelle Martin, Executive Director
and the Alzheimer Society Waterloo Wellington Team
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How You Can Help!

Did you know that you can run an event for us? Yes, you! It’s easy to do – just plan a fundraising event that you would like to host, it can be anything! A BBQ, Paint Night, Yoga Class, anything at all. We can give you materials about us and a donation box, and you get to have all the fun!

For more information please contact: coffeefbreak@alzheimerww.ca

We are Here to Help

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.

<table>
<thead>
<tr>
<th>Information &amp; Education</th>
<th>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.</th>
</tr>
</thead>
<tbody>
<tr>
<td>Individual &amp; Family Support</td>
<td>Connect with a social worker through in-person, phone, or video appointments to receive help working through individual situations and accessing support services.</td>
</tr>
<tr>
<td>Group Meetings</td>
<td>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.</td>
</tr>
<tr>
<td>Social Work On-Duty</td>
<td>A member of our social work team is available during business hours to provide support and answer questions.</td>
</tr>
</tbody>
</table>

How You Can Help!

Did you know that you can run an event for us? Yes, you! It’s easy to do – just plan a fundraising event that you would like to host, it can be anything! A BBQ, Paint Night, Yoga Class, anything at all. We can give you materials about us and a donation box, and you get to have all the fun!

To learn more about ways to give, please call 519-742-1422 or visit http://www.alzheimer.ca/en/ww/Get-involved/Giving
Minds in Motion®
Minds in Motion® is a community-based social program that incorporates physical activity and mental stimulation for people with early to mid-stage signs of Alzheimer’s disease or other dementias and their care partners.

The 2-hour program runs once a week, for 8 weeks and offers:

- Gentle and easy to follow physical activities led by a certified fitness instructor.
- Fun social activities focused on building personal skills.

$60 fee per couple applies. Pre-registration is required through the Alzheimer Society.

Spring 2017

**Wednesdays; 1 - 3pm**
April 12 - June 7
(no session May 3)

Evergreen Seniors Centre
683 Woolwich Street, Guelph

To register, call 519-836-7672 or visit
https://mimguelph2017.eventbrite.ca

**Mondays; 1 - 3pm**
April 24 - June 19
(no session May 22)

W.G. Johnson Centre
Ted Wake Lounge
31 Kribs Street, Cambridge

To register, call 519-742-1422 or visit
https://mimcambridge2017.eventbrite.ca

Volunteer Companion Program
The Volunteer Companion Program is a weekly visiting program that creates meaningful matches between a trained volunteer and a person living with dementia, providing opportunities for socialization, and to increase quality of life.

**Who does it serve?**
The program serves persons with a dementia diagnosis who are living in the community. Priority will be given to individuals that are not currently attending day programs or are not affiliated with other visiting services.

**Process**
If you believe you or your family member would benefit from being matched with a volunteer, please contact us for more information.

As the Volunteer Companion Program is focused on providing meaningful matches, wait times will vary.

*We are always looking for potential volunteer companions!*

If you are interested in becoming a volunteer companion, please contact our Coordinator of Volunteers at volunteer@alzheimerww.ca or call 519-742-1422.
Social & Recreational Programs

The Music Project offers a free loan of an iPod package and personalized music to persons living with dementia to help improve their quality of life.

The iPod package includes: an iPod shuffle, headphones, a personalized music playlist and on-going technical support.

If you or somebody you know would benefit from an iPod, please call 519-742-1422 or fill out an online registration form at www.musicproject.ca/register.

We’re always accepting donations of iPods, iTunes gift cards and used CDs!

Donations can be made online, in person or via mail.

www.alzheimerww.ca/MusicProject

Intergenerational Choir

Have you heard about The Circle of Music, a choir for those living with dementia, their care partners and students from regional high schools?

We want you and your care partner to join us as a participatory music-maker in this intergenerational choir! It’s an opportunity to sing, connect with each other and with the students. You will be linked to a student from Cameron Heights Collegiate who is truly excited to have this chance to make music with you, and to get to know you.

This musical circle is created for enjoyment and support. It’s your enthusiasm that matters most - not previous music or singing experience. All words and music will be supplied and there will be a time to get to know each other after we have sung each week.

The choir is hosted in downtown Kitchener and meets at 3pm on Thursdays. Free parking is available onsite. We take a break from mid-April until September, so we hope you will join us when we start back in the fall.

For more details and to register, please contact Sasha Judelson at 519-342-4764 circleofmusickw@gmail.com
**Musical Performances**

**Jean Steckle Ukulele Group**

The Ukulele Group at Jean Steckle Public School is an enthusiastic group of grade 6, 7, & 8 students who will play their ukuleles while audience members sing along to familiar tunes.

*No charge for registration - donations appreciated. Pre-registration is required through the Alzheimer Society by calling 519-742-1422*

**Spring 2017**

<table>
<thead>
<tr>
<th>Tuesday; 1:30 - 2:30pm</th>
<th>Jean Steckle Public School</th>
<th>May 2</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>130 Woodbine Avenue, <em>Kitchener</em></td>
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**Peer Connections Group**

A peer support group for care partners of people with dementia offered by the City of Kitchener in partnership with the Alzheimer Society Waterloo Wellington. Care partners are invited to bring their family member living with dementia to participate in a separate group that will be run simultaneously.

*For more information or to register, contact Julie Laderoute at 519-741-2200 x 5346 or julie.laderoute@kitchener.ca*

**Spring 2017**

<table>
<thead>
<tr>
<th>Mondays; 10:30 am - 12pm</th>
<th>Rockway Centre</th>
<th>January 9 - June 26</th>
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</thead>
<tbody>
<tr>
<td></td>
<td>1405 King Street E., <em>Kitchener</em></td>
<td><em>Meetings are held bi-weekly</em></td>
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</tbody>
</table>

**The Gift of Giving**

Did you know donations by individuals, businesses and community groups provide 60% of the revenue required to fund vital programs and services for people living with dementia and their families in the Waterloo Wellington communities?

We welcome donations online, by mail, in person or over the phone. To learn more about ways to give, please call 519-742-1422 or visit [http://www.alzheimer.ca/en/ww/Get-involved/Giving](http://www.alzheimer.ca/en/ww/Get-involved/Giving).
Dementia Friendly Programs in the Community

The Alzheimer Society Waterloo Wellington is excited to share information about dementia friendly programs taking place in our community.

Memory Boosters

The Memory Boosters peer-led social group aims to provide a warm and supportive place for people with dementia and their care partners to socialize, relax, and have fun together. In addition, they 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.

Spring/Summer 2017
Tuesdays; 1:30 - 4pm
Meetings occur twice a month
Group meets in Kitchener.
Please contact 519-742-1422 or MemoryBoostersInfo@gmail.com for more information.

A Circle of Friends - A Time for Us

A Circle of Friends - A Time for Us is a peer-led social group for persons with dementia and their caregiver/companions, whose aim is to provide a relaxing time. They are not professionals, simply volunteers who believe that social needs are important in living well with dementia. Activities will strive to engage members in a comfortable enjoyable and social way and may include outings to various locations of interest.

Spring/Summer 2017
Tuesdays; 10am - 12pm
Meetings occur twice a month
Group meets in Guelph.
Please contact 519-836-7672 or acircleoffriendsgw@gmail.com for more information.

Meet Me at the Gallery

Come together to stimulate your senses and mind through various arts experiences. Participants will have the opportunity to engage in lively conversation and hands-on art making activities, such as drawing, painting, and fabric arts. This 4-week program is designed to attend to the needs of participants at different levels of experience and ability in a supportive dementia-friendly environment, whether you’ve never picked up a paintbrush or you’re an art enthusiast.

$40 (+HST) fee per person or $70 (+HST) per couple applies.
Pre-registration is required through the Kitchener Waterloo Art Gallery by calling 519-579-5860 x 219 or emailing kcarderthompson@kwag.on.ca

Spring 2017
Thursdays; 10 - 11:30am
May 25 - June 15
Kitchener Waterloo Art Gallery
101 Queen Street N., Kitchener
Education for People with Dementia

Education Series

Dementia 101

This is an introductory course for people living with Alzheimer’s disease or other dementia. This 2-part series will cover learning about dementia; adapting to changes in the brain; and living well with dementia. Persons with dementia are encouraged to bring a care partner with them for both sessions.

No charge for registration - donations appreciated.
Pre-registration is required through the Alzheimer Society by calling 519-742-1422

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<tr>
<th>Spring 2017</th>
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<tbody>
<tr>
<td><strong>Thursdays; 1 - 3pm</strong></td>
<td>The Village of Arbour Trails</td>
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<tr>
<td>April 13 &amp; 20</td>
<td>Hobby Room</td>
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<td></td>
<td>32 Bayberry Drive, Guelph</td>
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<tr>
<td><strong>Mondays; 10am - 12pm</strong></td>
<td>Alzheimer Society - Cambridge Office</td>
</tr>
<tr>
<td>June 12 &amp; 19</td>
<td>2&lt;sup&gt;nd&lt;/sup&gt; Floor, Room S206</td>
</tr>
<tr>
<td></td>
<td>1145 Concession Road, Cambridge</td>
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<tr>
<td><strong>Summer 2017</strong></td>
<td>Alzheimer Society - Kitchener Office</td>
</tr>
<tr>
<td><strong>Wednesdays; 10am - 12pm</strong></td>
<td>831 Frederick Street, Kitchener</td>
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<td>August 9 &amp; 16</td>
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**Please note: Groups with insufficient registration will be cancelled.**

Participate in Research

The Alzheimer Society Research Portal connects researchers with Canadians looking to participate in studies. This initiative will help to advance Canadian studies on Alzheimer’s disease and other dementias.

To learn more about participating in a study, visit [www.alzheimer.ca/en/Research](http://www.alzheimer.ca/en/Research)
What does young onset dementia & Huntington’s disease look like?

Join us for an interactive, informative evening sharing the lived experience of individuals in our community with Young Onset Dementia or Huntington’s Disease.

An educational opportunity to discuss diagnosis, losses, living well and methods of support.

Wednesday, April 12, 2017
6:30-8:00pm

Location: Level 1 Auditorium, St. Joseph’s Health Centre Guelph, 100 Westmount Rd. Guelph, ON

RSVP: 519-824-6000 ext. 4415 or
https://young-onset-panel.eventbrite.ca
Self-Care Workshop for Care Partners

With Dr. Uzma Rehman, Department of Psychology
University of Waterloo

The focus of this talk will be to present information about common mental health outcomes that are associated with the caregiving role. In particular, Dr. Rehman will focus on depression and anxiety. She will review symptoms of these two disorders and provide evidence on their prevalence in caregiving populations.

Based on techniques that have been supported in scientific studies, ways to manage symptoms of depression and anxiety in caregivers will be discussed. The talk will be interactive and will involve active participation from audience members.

Tuesday, May 16; 1 - 3pm
Chartwell Westmount Retirement Residence
Lower Level, Theatre Room
190 David Bergey Drive, Kitchener

No charge for registration - donations appreciated.
Pre-registration is required through the Alzheimer Society by calling 519-742-1422

Care Partner Social

Sit back, relax, and unwind at our backyard picnic!

Thursday, June 8; 11am - 2pm
Alzheimer Society Kitchener Office
831 Frederick Street, Kitchener

Cost: $10 per person
Please RSVP before Wednesday, May 31 by phone or online:
519-742-1422
https://carepartnersocial2017.eventbrite.ca
A 12-week dialogue-based learning and support series for care partners to connect with one another, to enhance their knowledge of dementia, and to develop practical strategies for supporting a person living with dementia. This series will also provide participants the opportunity to share their experiences and to build networks of support with other care partners in their community.

**Module 1: Family Learning Series (3 sessions):** A 3-part education-based module for family and friends of people with Alzheimer’s disease and other dementias. This module will provide an overview of dementia and related brain changes; understanding behaviour and enhancing communication; tips and strategies for connecting with your family member and information about community supports that are available to you and your family member.

**Module 2: General Care Partner Support Group (4 sessions):** Facilitated by a registered social worker, this 4-part solution-focused support group module will build on the knowledge gained through the Family Learning Series. Participants will have the opportunity to develop useful skills and coping strategies for overcoming challenges associated with caring for a person with dementia.

**Module 3: Advance Care Planning (4 sessions):** A 4-part module that will provide participants with practical information about planning ahead for if/when you have to make health care decisions for someone else. Topics include: substitute decision making; the roles and responsibilities of a Power of Attorney for Personal Care; Health Care Consent in Ontario; options for care; and applying for and supporting a move to long-term care.

**Module 4: Next Steps (1 session):** An opportunity for participants to reflect on their group experience, and to learn more about what is available to them through the Alzheimer Society and in the community.

*No charge for registration - donations appreciated.*
*Pre-registration is required through the Alzheimer Society by calling 519-742-1422*

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<tr>
<td><strong>Wednesdays; 6 - 8pm</strong>&lt;br&gt;April 5 - June 21</td>
<td>Room S206&lt;br&gt;1145 Concession Road, <strong>Cambridge</strong></td>
<td>69 Huron Street, <strong>Guelph</strong></td>
<td>831 Frederick Street, <strong>Kitchener</strong></td>
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<tr>
<td><strong>Fridays; 10am - 12pm</strong>&lt;br&gt;April 21 - July 7</td>
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<td><strong>Thursdays; 1 - 3pm</strong>&lt;br&gt;May 4 - July 27&lt;br&gt;(no session June 8)</td>
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Groups for Care Partners

CARERS Group

The CARERS program is an 9-week program for spouses or partners that are caring for people living with dementia. This group therapy format offers education and skill building, as well as peer support.

For more information or to register, please contact an Alzheimer Society social worker by calling 519-836-7672.

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<thead>
<tr>
<th>Spring 2017</th>
<th>Mondays; 1 - 3pm</th>
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<tr>
<td></td>
<td>April 24 - June 19</td>
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<td></td>
<td>(no session May 22)</td>
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<tr>
<td></td>
<td>Alzheimer Society - Guelph Office</td>
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<td></td>
<td>69 Huron Street, <strong>Guelph</strong></td>
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Ambiguous Loss Support Group

Ambiguous loss is defined as a "loss that is unclear; it has no resolution, no closure."
– Pauline Boss (Loving Someone who has Dementia, 2011)

This **4-part support group** will focus on:

- Understanding and learning to live with ambiguous loss and grief throughout the dementia journey
- Discovering your community of support
- Strategies for maintaining meaningful connections with the person living with dementia throughout the journey
- Finding meaning amongst feelings of ambiguity and uncertainty that are often associated with caring for someone with dementia

For more information or to register, please contact an Alzheimer Society social worker by calling 519-742-1422.

<table>
<thead>
<tr>
<th>Spring 2017</th>
<th>Mondays; 1:30 - 3pm</th>
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<tr>
<td></td>
<td>June 5 - June 26</td>
</tr>
<tr>
<td></td>
<td>Alzheimer Society - Cambridge Office</td>
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<tr>
<td></td>
<td>2nd Floor, Room S236</td>
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<tr>
<td></td>
<td>1145 Concession Road, <strong>Cambridge</strong></td>
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Caregiver Support Group

This support group, offered through video conferencing, is an opportunity to connect with other caregivers, enhance your understanding of dementia, and develop practical strategies for supporting a person living with dementia.

Please contact the Alzheimer Society at 519-836-7672 x 2015 for more information and to register.

<table>
<thead>
<tr>
<th>Spring 2017</th>
<th>Tuesdays; 1:30 - 3pm</th>
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<tbody>
<tr>
<td></td>
<td>April 4, May 2, June 6</td>
</tr>
<tr>
<td></td>
<td>Locations in <strong>Guelph</strong>, <strong>Cambridge</strong>, <strong>Palmerston</strong> and <strong>Mount Forest</strong></td>
</tr>
</tbody>
</table>

**Please note: Groups with insufficient registration will be cancelled.**
### Education for Care Partners

**Other Dementias**

**Pre-registration through the Alzheimer Society is required for all education forums.**

#### Young Onset Dementia

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

| Spring 2017 | Thursday, April 27; 6 - 8pm | Alzheimer Society - Cambridge Office 2nd Floor, Room S206 1145 Concession Road, **Cambridge** |

#### Lewy Body Dementia

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

| Spring 2017 | Tuesday, April 25; 7 - 8:30pm | St. Joseph’s Health Centre Level 2 Auditorium 100 Westmount Road, **Guelph** |

### Planning For The Future

#### End Of Life - Considerations for Care

This session will focus on what to expect at the end of life for a person with dementia. Information related to comfort care, decision-making, pain management and bereavement supports will also be shared.

| Spring 2017 | Tuesday, May 23; 1:30 - 3pm | Alzheimer Society - Kitchener Office 831 Frederick Street, **Kitchener** |

#### Finding Your Way® - Living Safely in the Community

Learn to live safely in the community. Join us to discover what the Finding Your Way® program is, why people with dementia get lost or go missing, how we can reduce the risk of missing incidents, and what to do if someone does go missing.

| Summer 2017 | Wednesday, July 12; 10 - 11:30am | Alzheimer Society - Kitchener Office 831 Frederick Street, **Kitchener** |

[www.findingyourwayontario.ca](http://www.findingyourwayontario.ca)
Understanding Dementia

Dementia: The Elephant in the Room
Talking about dementia can be a troublesome task. Let’s talk about the elephant in the room. Handouts provided, and questions invited.

To register, please call Victoria Park Seniors Centre at 519-846-9691 x 204

Spring 2017 Friday, April 7; 9:30 - 10:30am Victoria Park Senior Centre 150 Albert Street, Fergus

Myths of Alzheimer’s
Think you know about dementia? Come and bust some common myths. There will be time for discussion and questions; handouts provided.

To register, please call Victoria Park Seniors Centre at 519-846-9691 x 204

Spring 2017 Monday, May 1; 9:30 - 10:30am Victoria Park Senior Centre 150 Albert Street, Fergus

Living Well with Dementia

I Remember Better When I Paint
A 55 minute documentary on treating Alzheimer’s through the creative arts. Learn about dementia, and how to not only support people living with Alzheimer’s, but how to help them to connect to others and their environment through a variety of mediums. This film features both personal stories and initiatives that are bringing people affected by Alzheimer’s disease to art and creative workshops. The results are remarkable. This film is shown in collaboration with The Hilgos Foundation.

Pre-registration is not required.

Spring 2017 Thursday, May 11; 10 - 11:00am Older Adult Centre 85 Christie Street, Rockwood

Life from the Inside Out
Three women who have dementia speak about what it is like to have the diagnosis, how life day to day has changed, and is how they share tips on how to manage.

To register, please call Victoria Park Seniors Centre at 519-846-9691 x 204

Summer 2017 Monday, July 31; 9:30 - 10:30am Victoria Park Senior Centre 150 Albert Street, Fergus
Education for Professionals

Dementia-Friendly COMMUNITIES

LOOK FOR THE BLUE UMBRELLA
- People living with dementia may wear a self-identifier
- Businesses, agencies and facilities receive training and identify themselves as dementia-friendly

www.alzheimerww.ca/dfc

Training and Education

Alzheimer Society Waterloo Wellington is committed to offering education and support to professionals who are working with people living with dementia.

Our Public Education Coordinators strive to develop training sessions that are tailored to your organization’s specific educational needs and areas of interest.

To learn more or to schedule an education session for your organization, contact a Public Education Coordinator at 519-742-1422 or email education@alzheimerww.ca.

Living Safely in the Community

Keeping people with dementia safe doesn’t mean keeping them from being active.

Learn more about how to live safely in your community. 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.

www.findingyourwayontario.ca

The MedicAlert® Safely Home® program is an effective way to identify the person who is lost and bring the family back together.

www.medicalert.ca/safelyhome
Be A Community Fundraiser

A community fundraiser is a third party company, organization or individual that wishes to hold a promotion, event, or sale to benefit Alzheimer Society Waterloo Wellington. With our small staff we can’t attend all the events in the community but we can offer you information and event materials about the Society and the services we provide.

Invite family and friends to support your fundraiser using the Memory Makers for Alzheimer’s website for your peer-to-peer fundraising.

Go to www.memorymakersforalzheimers.ca
or contact us for more information at events@alzheimerww.ca | 519-742-1422

National Volunteer Week
April 23 to April 29 2017

In light of National Volunteer Week, the Alzheimer Society would like to recognize the vital role of our volunteers. Our events, programs, and services are made better because of your contributions.

On behalf of the staff at Alzheimer Society Waterloo Wellington, we thank you for your continued commitment. Your time with our Society makes a positive difference felt by all.

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

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

For more information call our office or visit:
to download an application form.
How Does Your Donation Help?

$60 Provides a 1:1 Social Work Meeting for the First Link Program!
Registered Social Workers provide one on one support to people with dementia, care partners and their families. These practical sessions support people to be successful in their dementia journey as they develop coping and support strategies together. This personalized approach supports people to “live their best day” and reduces care partner stress.

$120 Provides 1 Dementia 101 Session!
This is an invaluable course for people living with dementia. This 2-part series teaches people with dementia and their care partners about the disease and arms them with knowledge. This is a perfect introduction to living well with dementia and participants are encouraged to participate in further education with ASWW.

$150 Provides 1 Music Project iPod Package!
The Music Project offers a no charge iPod package programmed with the individual’s favourite music. Music and memory have a strong connection and can encourage emotional memories. This is a wonderful tool to increase mood, de-escalate agitation and just plain improve the quality of life for an individual with dementia. Support is provided to teach the person how to use the iPod.
$300 Provides 1 Business with Dementia Friendly Communities Training!
Local businesses are trained in how to be dementia friendly for their customers. Staff are trained in how to recognize the signs of dementia, give focused customer service and have tools in their back pocket to support the person with dementia in business transactions. Results are fantastic. Both the staff and the people with dementia feel empowered and supported. This training truly reduces the stigma of dementia and encourages people with dementia to actively participate in day to day tasks such as banking, shopping or accessing services in their communities.

$425 Provides 8 Weeks of Minds In Motion® Sessions!
Minds in Motion® is a community based social program that incorporates physical activity and mental stimulation for people with early to mid-stage dementia and their care partners. Feedback from participants from the program is unanimous – they love it!

$700 Provides 12 Weeks of Learning and Support Sessions!
This 12 week dialogue based series for care partners connects people with one another, enhances their knowledge of dementia and arms them with knowledge to develop practical strategies for supporting a person living with dementia. Valuable connections are formed with others in their community as they learn and support each other together.
Consider remembering the Alzheimer Society Waterloo Wellington in your will. To learn more about Planned Giving or to request your free estate planning guide, contact us today!

We welcome donations online, by mail, in person or over the phone. To learn more about ways to give, please call 519-742-1422 or visit http://www.alzheimer.ca/en/ww/Get-involved/Giving

Our three offices are here to serve you

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1145 Concession Road
N3H 4L5
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[www.alzheimerww.ca](http://www.alzheimerww.ca)

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(NEW location as of March 31 2017)
69 Huron Street
N1E 5L6
519-836-7672

**Kitchener**
831 Frederick Street
N2B 2B4
519-742-1422
[asww@alzheimerww.ca](mailto:asww@alzheimerww.ca)

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