

Alzheimer *Society*

S I M C O E C O U N T Y

Programs & Services Guide

January—June 2017



Alzheimer Society

S I M C O E C O U N T Y

The Alzheimer Society of Simcoe County's vision & mission statements are as follows:

Vision: Persons living with Alzheimer's disease and other dementias live well and thrive in their community.

Mission: In collaboration with persons affected by Alzheimer's disease and other dementias, and care partners, we will provide the highest quality support, education and advocacy.

The staff and volunteers at the Alzheimer Society are committed to our vision and mission statements. Programs and services are offered for people living with dementia and their families by providing opportunities to:

- **Learn** more about the disease and living well
- **Connect** with others in similar situations
- **Engage** actively with the Alzheimer Society's efforts in the community

If you are unsure about which program would help, have a question or need support, please call us.

To contact the Alzheimer Society of Simcoe County:

IN PERSON:

20 Anne Street South Barrie Monday—Friday, 8:30 a.m.—4:30 p.m.

25 Museum Dr. Orillia Thursdays 1:00—4:30 p.m.

BY PHONE: 705-722-1066 or 1-800-265-5391

BY MAIL: P.O. Box 1414, Barrie ON L4M 5R4

BY EMAIL: simcoecounty@alzheimersociety.ca



www.alzheimer.ca/simcoecounty



[AlzheimerSocietySimcoeCounty](https://www.facebook.com/AlzheimerSocietySimcoeCounty)



[@AlzheimerSimcoe](https://twitter.com/AlzheimerSimcoe)

Charitable Number: 11921 2116 RR0001

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LEARN: Education for People Living with Dementia (early stage)

First Steps for People Living with Dementia

First Steps is an education series for people living with dementia. It provides an opportunity to learn and share with others who are in the early stages of dementia. Topics include:

- Understanding changes in the brain
- Brain health strategies and adapting activities to live well
- Planning for the future

Participants are invited to attend with a family member or friend. It is recommended that participants attend all sessions in the series.

<u>Bradford</u> Wednesdays May 3, 10, 17 & 24 10:00 a.m.—12:00 p.m.	<u>Collingwood</u> Wednesdays April 5, 12, 19 & 26 10:00 a.m.—12:00 p.m.
<u>Orillia</u> Tuesdays, June 6, 13, 20 & 27 10:00 a.m.—12:00 p.m.	<u>Barrie</u> Saturday April 22 & 29 9:30 a.m. - 12:30 p.m.

Taking Control of Our Lives ***NEW PROGRAM***

Taking Control of Our Lives is an 8-week education program focused on empowering and supporting people living with dementia to develop and/or strengthen and put into practice the necessary knowledge, skills and attitudes to play an active role in living well with dementia.

Critical topics include:

- Memory strategies
- Finding meaning and purpose
- Adapting to change
- Communication
- Decision-making
- Building and keeping connections
- Emotional wellness
- Staying well

Orillia

**Mondays, March 20, 27, April 3, 10, 24,
May 1, 8 & 15
1:00 - 3:00 p.m.**

Participants are invited to attend with a family member or friend. It is recommended that participants attend all sessions in the series.

There is no fee to attend these programs; however, registration is required. For more information or to register, please contact us at:

Tel: 705-722-1066 Toll-free: 1-800-265-5391 E-mail: simcoecounty@alzheimersociety.ca

The Alzheimer Society of Simcoe County reserves the right to change dates/times of courses and/or to cancel courses if there is insufficient registration. All registrants will be informed of any changes or cancellations.

First Link® Learning Series

The First Link Learning Series is a series of courses for family members and friends of a person living with dementia. Each course in the series builds upon the one before and addresses issues commonly faced by Care Partners at different stages of the disease. There is no fee to attend the First Link Learning Series; however, registration is required.

LEARN: Education for Care Partners (family & friends)

First Link® Learning Series: Next Steps

Understanding and supporting a person living with dementia

Now that your family member or friend has received a diagnosis or is in the process of getting a diagnosis of dementia, what are your Next Steps? This course provides you with an overview of dementia and community supports to help you understand what is happening and provide you with knowledge to help you as you move forward. Topics covered in Next Steps include:

- An overview of dementia including early symptoms
- Understanding changes in the brain and resulting symptoms
- Enhancing communication
- Assessing and managing risk
- Planning for the future

<u>Barrie (weekend)</u> Saturday, April 8th 9:30 a.m. - 3:30 p.m.	<u>Innisfil</u> Tuesdays, May 2 & 9 10:00 a.m.—12:30 p.m.
<u>Barrie</u> Thursdays, May 4 & 11 1:00—3:30 p.m.	<u>Midland</u> Fridays, April 21 & 28 1:00—3:30 p.m.
<u>Orillia</u> Tuesdays, May 2 & 9 1:00—3:30 p.m.	

There is no fee to attend Next Steps; however, registration is required. For more information or to register, please contact us at:

Tel: 705-722-1066 Toll-free: 1-800-265-5391 E-mail: simcoecounty@alzheimersociety.ca

The Alzheimer Society of Simcoe County reserves the right to change dates/times of courses and/or to cancel courses if there is insufficient registration. All registrants will be informed of any changes or cancellations.

LEARN: Education for Care Partners (family & friends)

First Link® Learning Series: Care Essentials

A focus on communication & behaviour

Care Essentials provides an opportunity to learn and share with others who are supporting a family member or friend who is living with dementia. Topics covered in Care Essentials address issues commonly faced by Care Partners supporting someone in the middle stages of dementia. They include:

- Communication: Strategies to enhance communication
- Behaviours: Understanding and responding to behaviours

<p><u>Orillia</u> Tuesdays, June 6 & 13 1:00—3:30 p.m.</p>	<p><u>Collingwood</u> Wednesdays, April 5 & 12 12:30—3:00 p.m.</p>
<p><u>Barrie</u> Fridays, January 20 & 27 1:00—3:30 p.m.</p>	

First Link® Learning Series: Options for Care

Options for Care addresses care decisions such as community care options and placement to Long-term care. Options for Care is offered in two parts:

- Part 1: Options for Care in the community
- Part 2: Options for Care: Navigating the Long-term Care system

Participants may register for one or both parts of this course.

<p><u>Barrie</u> Part 1: Friday, April 21 Part 2: Friday, April 28 9:30 a.m.—12:00 p.m.</p>	<p><u>Collingwood</u> Part 1: Wednesday, April 19 Part 2: Wednesday, April 26 1:00—3:00 p.m.</p>
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There is no fee to attend these workshops; however, registration is required. For more information or to register, please contact us at:

Tel: 705-722-1066 Toll-free: 1-800-265-5391 E-mail: simcoecounty@alzheimersociety.ca

The Alzheimer Society of Simcoe County reserves the right to change dates/times of courses and/or to cancel courses if there is insufficient registration. All registrants will be informed of any changes or cancellations.

LEARN: Education for Care Partners (family & friends)

First Link® Learning Series: Care in the Later Stages

Learn more about what to expect at the end stage of dementia such as physical changes and decision making at end of life. There is no fee to attend End of Life Dementia Care; however, registration is required.

Barrie (weekend)
Saturday, May 13
10:00 a.m.—12:00 p.m.

LEARN: Additional Workshops For Care Partners

Ambiguous Loss & Grief in Dementia

Ambiguous Loss & Grief in Dementia is a workshop for families and friends of a person living with dementia. There are many losses on the dementia journey long before death occurs. Join the Alzheimer Society, Hospice Simcoe, Hospice Orillia & Matthew's House as we help you work through the grieving process. There is no cost to attend these workshops. There are sessions planned in Alliston, Barrie and Orillia . Please call the office for more information or to register to attend these workshops.

Online Learning

The Alzheimer Society of Toronto (AST) and the Alzheimer Society of Ottawa and Renfrew County (ASORC) have created E-Learning Modules that are free and accessible to anyone. The following E-learning Modules have been developed by ASORC and can be accessed at: www.alzheimerottawa.ca (Get Help → Education)

- Transition to Long Term Care
- Staff & Families Working Together

The following E-learning Modules have been developed by AST and can be accessed at www.ALZeducate.ca

- Dementia 101: Basics
- Dementia 102: Communication
- Dementia 103: Behaviour

For more information about these workshops or to register, please contact us at:

Tel: 705-722-1066 Toll-free: 1-800-265-5391 E-mail: simcoecounty@alzheimersociety.ca

The Alzheimer Society of Simcoe County reserves the right to change dates/times of courses and/or to cancel courses if there is insufficient registration. All registrants will be informed of any changes or cancellations.

LEARN: Education for Care Partners (family & friends)

Music & Memory: iPod Program

Do you need help creating a personalized music playlist for your family member and putting it onto an iPod? The Alzheimer Society can help you set up your own equipment OR if you'd like to try using a personalized iPod, the Alzheimer Society of Simcoe County will loan you equipment for the duration of 3 months.

Please contact Michelle Menecola, Education Coordinator for assistance with either option.

Michelle Menecola: 705-722-1066 ext. 226 or mmenecola@alzheimersociety.ca

LEARN: Education for Children

Remember Me

Remember Me is a program for children aged 8 - 12 to learn more about dementia. This program will help children understand changes they see in a family member and provide them with ways to connect. Remember Me takes place at Grove Park Home and includes intergenerational activities with Grove Park Senior Encounter.



Fun & Games at Remember Me
June 2016

Friday, June 2

(Simcoe Muskoka District Catholic School Board PA Day)

8:30 a.m.—4:30 p.m.

\$10 fee includes lunch & snacks. Pre-registration is required. Deadline for registration is one week prior to event date. For more information or to register, please contact us at:

Tel: 705-722-1066 Toll-free: 1-800-265-5391 E-mail: simcoecounty@alzheimersociety.ca

LEARN: Education for Professionals

U-First! and P.I.E.C.E.S. Training

The Alzheimer Society of Simcoe County and our local Psychogeriatric Resource Consultants will be holding P.I.E.C.E.S. Training (for registered staff) and U-First Training (for all health care providers, particularly unregistered staff). To register for these programs visit:

www.piecescanada.com

www.u-first.ca

The Alzheimer Society of Simcoe County reserves the right to change dates/times of courses and/or to cancel courses if there is insufficient registration. All registrants will be informed of any changes or cancellations.

LEARN: Education for the Public



Heads Up for Healthier Brains!

Register for this 4-week Brain Health series to learn how to keep your brain healthy and reduce the risk of dementia. The series will provide information and practical strategies to improve the health of your brain. Heads Up for Healthier Brains includes information about dementia vs. normal aging, provides memory strategies, and looks at the importance of proper nutrition, exercise, stress management and social engagement for reducing the risk of dementia.

**Heads
Up
for
Healthier
Brains**



<p><u>Angus</u> Wednesdays, February 1, 8, 15, & 22 10:00 a.m.—12:00 p.m. Essa Public Library: Angus Branch 8505 County Rd 10 #1,</p>	<p><u>Midland</u> Fridays, February 3, 10, 17 & 24 1:30—3:30 p.m. Askennonnia Senior Centre, 527 Len Self Blvd</p>
<p><u>Orillia</u> Tuesdays, April 4, 11, 18 & 25 10:00 a.m.—12:00 p.m. Seniors Care Centre, 25 Museum Drive</p>	<p><u>Barrie</u> Thursdays, June 1, 8, 15 & 22 1:00—3:00 p.m. Barrie Public Library, 60 Worsley St.</p>

**REGISTRATION
REQUIRED**

There is no fee to attend this series; however, registration is required. For more information or to register, please contact us at:

Tel: 705-722-1066 Toll-free: 1-800-265-5391 E-mail: simcoecounty@alzheimersociety.ca

Booking Education Sessions

The Alzheimer Society of Simcoe County Education Coordinators and Speakers' Bureau volunteers are available to provide education on dementia-related topics to the public, professionals, volunteers, families and more. If you are interested in booking education for your group, please contact:

Dana Bessette, Education Coordinator Tel: 705-722-1066 ext. 225 or dbessette@alzheimersociety.ca

The Alzheimer Society of Simcoe County reserves the right to change dates/times or to cancel presentations. Check our website for most up to date information: www.alzheimer.ca/simcoecounty or call 705-722-1066 or 1-800-265-5391 to confirm.

CONNECT: Support Groups for Family & Friends

Support groups connect family and friends caring for a person living with Alzheimer's disease or other dementia. Groups provide education and coping strategies in a safe place, while sharing challenges and successes. You do not need to register for support groups.

Alliston

St. John's United Church
56 Victoria Street East
10:00 a.m. - 12:00 p.m.

Mondays:

- January 16
- February 13 *new date
- March 20
- April 17
- May 15
- June 19

Bradford

CHATS
448 Holland St. W.
10:00 a.m. - 12:00 p.m.

Tuesdays:

- January 17
- February 21
- March 21
- April 18
- May 16
- June 20

Stroud

The Spoke Club House
15 Main St., Sandy Cove Acres N.
1:00 - 3:00 p.m.

Thursdays:

- January 19
- February 16
- March 16
- April 20
- May 18
- June 15

Barrie - Daytime

20 Anne Street South
9:30 - 11:30 a.m.

Tuesdays:

- January 17
- February 21
- March 21
- April 18
- May 16
- June 20

Barrie - Evening

Waterford Retirement
132 Edgehill Drive
7:00 - 9:00 p.m.

Tuesdays:

- January 17
- February 21
- March 21
- April 18
- May 16
- June 20

Collingwood

VON Adult Day Program
49 Raglan Street
1:30 - 3:00 p.m.

Wednesdays:

- January 25
- February 22
- March 22
- April 26
- May 24
- June 28

Orillia - Daytime

Leacock Care Centre
25 Museum Drive
1:00 - 3:00 p.m.

Wednesdays:

- January 4
- February 1
- March 1
- April 5
- May 3
- June 7

Orillia - Evening

Senior Care Centre
25 Museum Drive
7:00 - 9:00 p.m.

Thursdays:

- January 19
- February 16
- March 16
- April 20
- May 18
- June 15

Midland/Penetang

Bayfield House Retirement Lodge
5 Beck Boulevard, Penetang
7:00 - 9:00 p.m.

Mondays:

- January 30
- February 27
- March 27
- April 24
- May 29
- June 26

CONNECT: Social Opportunities for People Living with Dementia and Care Partners

Social opportunities provide an informal setting to meet others living with dementia or those who are supporting someone with dementia. For people living with dementia, this is an opportunity to socialize in a non-judgmental environment.

Orillia Social Luncheon

The Orillia social luncheon is open to people living with dementia and people supporting a person living with dementia. The group meets monthly at various restaurants in the city.

January 16	1:00 pm	Lake Country Grill, 425 West St. N
February 13	1:00 pm	Boston Pizza, 3300 Monarch Dr.
March 20	1:00 pm	Kensington Burger Bar, 85 Mississauga St. E
April 10	1:00 pm	All RRR's Fish & Chips, 461 Laclie St.
May 15	1:00 pm	Rustica Pizza, 132 Mississauga St. E
June 19	1:00 pm	Royal Oak, 88 Laclie St.

For more information or to reserve your spot, please call Susan at 705-329-0909 or email snagy@alzheimersociety.ca

Barrie Coffee Social

The Barrie Coffee Social meets monthly at the Golden Griddle in the Kozlov Mall. In you are interested in attending the Barrie Coffee Social, please call Heidi at 705-722-1066.



Summer and Christmas Socials

Every June and December all social groups are invited to attend a special gathering. Invitations are extended to social group membership. If you do not attend a regular group, but would like to be informed of the summer and Christmas socials, please call Heidi at 705-722-1066 or 1-800-265-5391 to have your name placed on a contact list.

ENGAGE: Participate in the Walk for Alzheimer's

The Alzheimer Society of Simcoe County has decided to align our walk with the new national date. As a result, we will be holding one **Walk for Alzheimer's** in Simcoe County. It will take place on May 28, 2017 at the Dorian Parker Centre located within Sunnidale Park in Barrie. Funds raised through the **Walk for Alzheimer's** will support the work of the Alzheimer Society of Simcoe County and will help provide programs and services for people throughout the region who are living with dementia. The **Walk for Alzheimer's** is a great opportunity for individuals to spend meaningful time with family and friends, while helping to raise funds and awareness in the community about an issue that has impacted them directly.

For more information regarding the **Walk for Alzheimer's** contact Josie Figliuzzi, Events Coordinator at 705-722-1066 ext. 228 or jfigliuzzi@alzheimersociety.ca

We are also recruiting volunteers to assist on the 2017 Walk for Alzheimer's planning team. There are a number of opportunities for volunteers of all interests and skills. For a complete list of the roles on the planning team check our website at <http://www.alzheimer.ca/en/simcoecounty/Get-involved/Be-a-fundraiser/Walk-for-Alzheimers>.

To volunteer for the 2017 Walk for Alzheimer's contact Volunteer Resources Coordinator, Marguerite Glanfield at 705-722-1066 ext. 230 or mglanfield@alzheimersociety.ca



**WALK FOR
ALZHEIMER'S**
MAKE MEMORIES
MATTER™

ENGAGE: Other Ways to Support the Alzheimer Society of Simcoe County

- ◆ **Make a donation.** Donations can be made online at www.alzheimer.ca/simcoecounty or mailed to the address below.
- ◆ **Volunteer.** Volunteers help in all areas of the Society. To learn about the variety of volunteer opportunities, go to www.alzheimer.ca/en/simcoecounty/Get-involved
- ◆ One way to help is to volunteer 2 hours in your own community in **Tag Days**, an important fundraising event. To learn more about Tag Days, go to www.alzheimer.ca/simcoecounty/Get-involved/Volunteer/Types-of-volunteering/Fundraising/Tag-Days

To become a volunteer, contact Marguerite Glanfield, Volunteer Resources Coordinator at 705-722-1066 ext. 230 or mglanfield@alzheimersociety.ca.

Staff Listing

Staff E-mail & Phone Extensions

The following staff are based in the Barrie Office—705-722-1066 (1-800-265-5391)

Kristin Flood	Administrative Assistant	Ext. 221	Simcoecounty@alzheimersociety.ca
Debbie Islam	Chief Executive Officer	Ext. 222	dislam@alzheimersociety.ca
Laura-Lynn Bourassa	Manager of Education & Support Programs	Ext. 224	lbourassa@alzheimersociety.ca
Dana Bessette	Education Coordinator	Ext. 225	dbessette@alzheimersociety.ca
Michelle Menecola	Family Support Coordinator/ Education Coordinator	Ext. 226	mmenecola@alzheimersociety.ca
Heidi Haupt	Family Support Coordinator	Ext. 227	hhaupt@alzheimersociety.ca
Josie Figliuzzi	Events Coordinator	Ext. 228	jfigliuzzi@alzheimersociety.ca
Marguerite Glanfield	Volunteer Resources Coordinator	Ext. 230	mglanfield@alzheimersociety.ca

The following staff are based in Orillia and can be reached by calling 705-329-0909

Susan Nagy	Family Support Coordinator	Ext. 1	snagy@alzheimersociety.ca
Erika Rice	Education Coordinator	Ext. 2	erice@alzheimersociety.ca

North Simcoe Muskoka Behavioural Support Systems (BSS) Mobile Support Team General Inquiries for BSS: 705-310-2222

Jessie Daniel	Community Worker Behavioural Support System Mobile Team		jdaniel@nsmbss.ca
Jenny Keresztesi	Occupational Therapist Behavioural Support System Mobile Team		jkereztesi@nsmbss.ca
Stephanie Saunders	Social Worker Behavioural Support System Mobile Team		ssaunders@nsmbss.ca