

Alzheimer Society

D U R H A M R E G I O N



**January to March 2021
Program Guide**

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Ways to Register



By phone: 905-576-2567 | toll-free 1-888-301-1106
(see individual departments for extensions)



By web: asdr.eventbrite.ca



By email: (see individual departments for address)



Please note: for many of our online sessions, you will need Zoom to participate (phone-in options available). For technical assistance prior to the sessions, please contact our Public Education Coordinator astephenson@alzheimerdurham.com

Contact Us

Support Services and Groups

intake@alzheimerdurham.com
905-576-2567 ext. 5233



Education

information@alzheimerdurham.com
905-576-2567 ext. 5228



Social and Recreation

recreation@alzheimerdurham.com
905-576-2567 ext. 5238



Francophone Services

intake@alzheimerdurham.com
905-576-2567 ext. 5233



Events and Fundraising

information@alzheimerdurham.com
905-576-2567 ext. 5222



MINT Memory Clinic

spersaud@alzheimerdurham.com
905-576-2567 ext. 5235

Toll-free: 1-888-301-1106

Website: www.alzheimer.ca/durham

Address: 1600 Stellar Dr., Suite 202
Whitby, ON, L1N 9B2



Support Services and Groups

Counselling and Consultation

Family and one-on-one dementia-specific counselling is provided to care partners and persons living with dementia. We provide education about the disease, coping techniques and therapeutic counselling for care partners. Our First Link[®] Care Navigators and Counsellors are go-to persons for families after a dementia diagnosis and can help with identifying needs, navigating services and assisting with care planning throughout the dementia journey. Our support staff are highly experienced in dementia care and offer expert knowledge and skills for both the care partner and person living with dementia.

Respite Reimbursement Program

Funds from our Respite Reimbursement Program will support care partners of persons living with dementia, who experience barriers in accessing programs and services at the Alzheimer Society of Durham Region (ASDR). Ask one of our support staff about accessing our respite program today. (Please note, ASDR itself does not provide in-home care.)

“The Friendly Place” — Young Onset Adult Day Program



For persons diagnosed with dementia prior to age 65, our Adult Day Program (ADP) provides opportunities to participate in social and recreational programming, including creative arts, exercise, music and games. Pre-screening required. Our ADP is being offered online and in-person. Please contact the program lead for space availability at 905-576-2567 ext. 5003.

MINT Memory Clinic Services

MINT Memory Clinics (previously Primary Care Collaborative Memory Clinics) help family doctors care for their patients by completing specialized memory assessments and plans for care. The mobile interprofessional team (MINT) based out of the Alzheimer Society of Durham Region consists of Social Workers, Occupational Therapists and Behavioural Supports Ontario (BSO) Nurses. This team works together with specially trained physicians to provide early diagnosis, treatment and support for daily challenges associated with memory concerns. Our team assists with the most challenging aspects of dementia care and works with the Alzheimer Society’s First Link[®] program to connect clients with the resources and supports they need.

Who should be referred for a MINT Memory Clinic assessment? Adults or older adults, not previously assessed by another memory clinic or service, who are experiencing symptoms of memory loss that may or may not be affecting daily functions.

Referrals for the Memory Clinic are accepted from primary-care providers and local GAIN teams. For information about the MINT Team, phone 905-576-2567 ext. 5235 or email spersaud@alzheimerdurham.com



Support Services and Groups



Volunteer-Led Support Group

This gathering is intended to offer support, provide opportunities to share and help care partners navigate available resources. Sessions are hosted by qualified volunteers. Each session is limited to 15 participants. Please email intake@alzheimerdurham.com or phone 905-576-2567 ext. 5233 to register.

Location	Day	Date	Time
Online or phone-in available	Wednesday	January 13, 27 February 10, 24 March 10, 24	1 p.m. - 2:30 p.m.



Care Partner Zoom Social

This gathering is intended to offer an opportunity for care partners to engage with peers in a supportive, social setting. Sessions are hosted by Family Support Staff or qualified volunteers. Each session is limited to 15 participants.

Please email intake@alzheimerdurham.com or phone 905-576-2567 ext. 5233 to register.

Location	Day	Date	Time
Online or phone-in available	Tuesday	January 5, 19 February 2, 16 March 2, 16	6 p.m. - 7:30 p.m.




Support Services and Groups

Men's Breakfast

Men's Breakfast is a volunteer-led group, which provides peer-to-peer support for male care partners in a casual, comfortable setting.

For more information, contact Support Services and Groups at intake@alzheimerdurham.com or phone 905-576-2567 ext. 5233.




Location	Day	Date	Time
Online 	Wednesday	January 5, 13, 20, 27 February 3, 10, 17, 24 March 3, 10, 17, 24, 31	9 a.m. - 11 a.m.

Care Partner Support Group

A safe forum to learn and understand how to cope more effectively. Groups are led by trained and competent Family Support staff. Each session is limited to 10 participants. Registration required.

To register, please contact Family Support staff directly or email intake@alzheimerdurham.com or phone 905-576-2567 ext. 5233.



Location	Day	Date	Time
Online or phone-in available 	Friday	January 8 February 5 March 5	9:30 a.m - 11 a.m.
	Thursday	January 21 February 18 March 18	6 p.m. - 7:30 p.m.

Support Services and Groups

Care Partner Support Group for Those Supporting Residents in Long-Term Care and Retirement Homes

This support group offers a safe forum to learn and understand how to cope more effectively. This group is led by trained and competent staff and specifically focuses on topics that affect those supporting residents in LTC/RH homes. Each session is limited to 10 participants.

Registration required via intake@alzheimerdurham.com or phone 905-576-2567 ext. 5233.


Location	Day	Date	Time
Online or phone-in available 	Monday	January 4 February 1 March 1	6 p.m. - 7:30 p.m.
	Tuesday	January 19 February 16 March 16	1 p.m. - 2:30 p.m.

Living with Ambiguous Loss Support Group

A unique support group for care partners who are experiencing ongoing stress and grief due to the ambiguous loss of their loved one with dementia. Loss and grief occur in different ways throughout all stages of the dementia caregiving journey. This group is run by trained staff and supports care partners as they adjust to feelings of ambiguous loss and grief. This closed support group runs weekly for six sessions.

Enrollment is limited and registration is required. Please email intake@alzheimerdurham.com or phone 905-576-2567 ext. 5233 to register.



Location	Day	Date	Time
Online or phone-in available 	Wednesday	March 10, 17, 24, 31 April 7, 14	6:30 p.m. - 8 p.m.

Support Services and Groups


Early-Stage Dementia Program

For people in the early stages of Alzheimer's disease or other dementias and their care partners. This monthly program is facilitated by trained staff and will provide participants with an opportunity to discuss relevant topics with others, develop strategies to address challenges and become familiar with available resources.

Please email intake@alzheimerdurham.com or phone 905-576-2567 ext. 5233 to register.


Practical Strategies

Learn the importance of creating routines and establishing strategies and memory aids to support the completion of tasks and activities.

Location	Day	Date	Time
Online 	Tuesday	January 12	10 a.m. - 11:30 a.m.


Maintaining Healthy Lifestyle and Social Connections

Explore the benefits of proper nutrition, good sleep habits, exercise/walking routines and activities and maintaining social connections.

Location	Day	Date	Time
Online 	Tuesday	February 9	10 a.m. - 11:30 a.m.

Building Resilience

Learn how to adapt to change by improving coping skills with a focus on personal strengths, optimism, social supports and managing (regulating) emotions.

Location	Day	Date	Time
Online 	Tuesday	March 9	10 a.m. - 11:30 a.m.

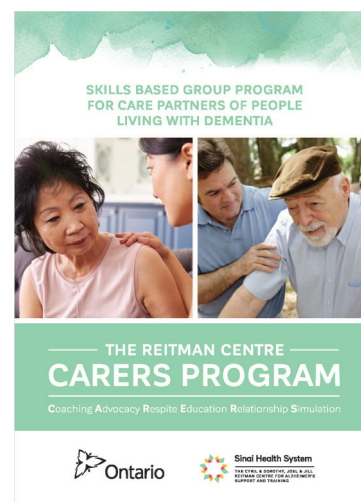
Support Services and Groups

The Reitman Centre CARERS Group

(CARERS - Coaching, Advocacy, Respite, Education, Relationship, Simulation)

CARERS is an eight-week program for family caregivers of people living with early and mid-stage dementia. An accredited program of the Sinai Health System Reitman Centre CARERS Program, this is a fully integrated, comprehensive dementia-care program. The focus is on practical skills-based tools and emotional supports needed to provide care for family members with dementia.

For upcoming dates and information, please contact the program lead at 905-576-2567 ext. 5227 to register.

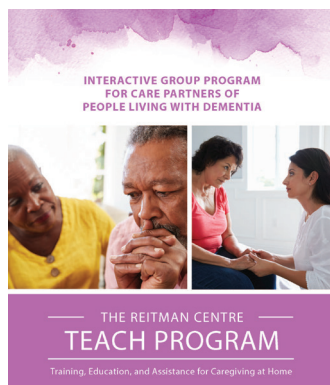


The Reitman Centre TEACH Group

(TEACH — Training, Education and Assistance for Caregiving at Home)

The TEACH program is a five-week program for care partners of persons living with dementia. It is an innovative therapeutic group intervention aimed at providing education and enhancing coping skills of care partners.

For upcoming dates and information, please contact the program lead at 905-576-2567 ext. 5227 to register.



Mindfulness

Mindfulness-Based Cognitive Therapy (MBCT)

MBCT is a clinical-based method of mindfulness training which works at bringing attention to and transforming an individual's relationship with difficult thoughts and emotion. This therapy-based group coaches care partners to more effectively recognize and cope with internal and external stressors and provides an opportunity to share and learn from others.

This group runs online for eight weekly sessions, 1.5 hours per session. Registration is limited to eight individuals per group. There is a fee to attend this group. Please email intake@alzheimerdurham.com or contact the program lead at 905-576-2567 ext. 5227 for more information.






Next Steps for Family and Friends

This four-part, online series offers family care partners an opportunity to learn the basics about dementia in an interactive and supportive atmosphere.

Register for the session(s) you like at asdr.eventbrite.ca or email information@alzheimerdurham.com


Next Steps Series for Family and Friends: Understanding the Disease

First in our four-part series, this session will provide an overview of the common types of dementia and how the changes can affect the person living with dementia. We will discuss treatment options and Alzheimer Society of Durham Region programs and services.

Location	Day	Date	Time
Online 	Thursday	January 14	10 a.m. - 11:30 a.m.


Next Steps Series for Family and Friends: Understanding Communication and Behaviour Change

Second in our four-part series, this session offers care partners practical strategies for responding to behaviour change.

Location	Day	Date	Time
Online 	Thursday	January 21	10 a.m. - 11:30 a.m.

Next Steps Series for Family and Friends: Supporting Daily Activities


Third in our four-part series, this session for care partners will consider ways to support a person living with dementia through meaningful activity. This includes adapting leisure activities and responding to challenges with care activities.

Location	Day	Date	Time
Online 	Thursday	January 28	10 a.m. - 11:30 a.m.



Next Steps Series for Family and Friends: Managing Caregiver Stress Positively

Fourth in our four-part series, this session will explore the impact of caregiving. We will discuss coping strategies and local community resources available to support you during the caregiving journey.

Location	Day	Date	Time
Online 	Thursday	February 4	10 a.m. - 11:30 a.m.


What If It's Not Alzheimer's Disease?

Understanding frontotemporal dementia—a workshop for care partners of persons living with frontotemporal dementia (behavioural variant).

This workshop will address:

- Behavioural and cognitive changes commonly seen in frontotemporal dementia
- A range of supportive care strategies

Please register at asdr.eventbrite.ca or email information@alzheimerdurham.com

Location	Day	Date	Time
Online 	Saturday	March 6	10 a.m. - 11:30 a.m.



JANUARY 2021

Alzheimer Society
DURHAM REGION

Monday, January 14, 21, 28 and February 4
10 a.m. - 11:30 a.m.

NEXT STEPS FOR FAMILY AND FRIENDS

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This four-part, online series offers family care partners an opportunity to learn the basics about dementia in an interactive and supportive atmosphere. Topics include Alzheimer's Disease and Other Dementias - An Overview, Understanding Communication and Behaviour Change, Supporting Daily Activities and Managing Caregiver Stress Positively.

Wednesday, January 20
6 p.m. - 7:30 p.m.

BRAIN HEALTH:

20

WHAT DOES GENDER AND SEX HAVE TO DO WITH IT?

What role do your hormones play? How much does genetics influence one's risk of dementia? Are there social factors we should consider when calculating risks? Find the answers to these questions and more! Join us live to be entered into a draw to win a brain-boosting door prize!

RESOURCE BANK ALL MONTH LONG

Want to be in the know? Learn more about the impact of sex and gender on brain health by visiting our resource bank at alzheimer.ca/durham

Wednesday, January 27
6 p.m. - 7 p.m.

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MINDFULNESS SESSION

Join us to learn about the benefits of mindfulness, how we can learn to become more mindful and mindfulness-based resources for care partners.

Tuesday, January 19, 7 p.m. - 8 p.m. OR
Thursday, January 28, 2:30 p.m. - 3:30 p.m.

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DEMENTIA AWARENESS

In partnership with Ajax Public Library, join us for this interactive workshop and expand your knowledge on dementia and how you can play a part in creating a Dementia-Friendly Community. [Registration is now open through Ajax Public Library.](#)

Please register at asdr.eventbrite.ca or call 905-576-2567, toll-free 1-888-301-1106. **Note:** sessions will be hosted using [Zoom](#) with phone-in option available. Once you register, you will be provided a link to join. If you need assistance prior to the session, please contact our Public Education Coordinator astephenso@alzheimerdurham.com.

Alzheimer Society

DURHAM REGION

Finding Your Way

Living Safely Community Education Events



A series of online workshops and presentations to help you live safely with dementia in the community.

Support for Living Safely with Dementia Speaker Series

February 25, March 4, March 11
10 a.m. - 11:30 a.m.

This three-part online speaker series for persons living with dementia and care partners will spotlight Hearing Loss and Dementia, Tips for Maintaining Independence and Optimizing Sleep.

Participants will have an opportunity to enhance their knowledge of the dementia journey by attending these empowering and informative sessions.

Driving with Dementia Update for Health-Care Providers

Thursday, March 18, 12 p.m. - 1 p.m.

**Please visit our Eventbrite page for speaker and presentation details and to register online at asdr.eventbrite.ca
Or phone 905-576-2567 | toll-free 1-888-301-1106 ext. 5228**


Social and Recreation



Minds in Motion®

Minds in Motion® is a physical activity and brain-stimulation program for people living with dementia and their care partners, currently being offered online throughout Ontario. We offer you an opportunity to join in on a mentally, socially and physically stimulating program right from your home. This is a great chance to stay connected! Minds in Motion® is delivered by our experienced staff and community partners.

Pre-registration required. Register at asdr.eventbrite.ca or phone 905-576-2567 ext. 5003 for more information.

Location	Day	Date	Time
Online 	Monday	January 11, 18, 25 February 1, 8, 22 March 1, 8	1:30 p.m. - 2:30 p.m.
	Wednesday	January 27 February 3, 10, 17, 24 March 3, 10, 17	10 a.m. - 11 a.m.



Premier Lien

Session d'initiation visant à améliorer la compréhension d'un diagnostic de trouble neurocognitif et les changements pouvant être expérimentés. SVP contactez notre bureau pour plus d'informations par courriel à intake@alzheimerdurham.com ou appelez le 905-576-2567 ext. 5233 sans frais au 1-888-301-1106.

Premier Lien Aidant

Session éducative sur les stratégies pratiques pour faire face au changement de comportement et à la gestion positive du stress pour proches aidants. SVP contactez notre bureau pour plus d'informations par courriel à intake@alzheimerdurham.com ou appelez le 905-576-2567 ext. 5233 sans frais au 1-888-301-1106.

Survole Sur Le Trouble Neurocognitive

Nous avons tous un cerveau, apprendre à en prendre soin est assez important. Il n'est jamais trop tôt ni trop tard pour le faire. Connectez-vous à notre prochaine session en ligne pour apprendre comment promouvoir la santé du cerveau et comment certains de style de vie peuvent nous mettre en risque de développer trouble neurocognitif. Nous donnerons des idées pratiques sur la façon d'adopter des habitudes de santé cérébrale. SVP contactez notre bureau pour plus d'informations par courriel à intake@alzheimerdurham.com ou appelez le 905-576-2567 ext. 5233 | sans frais au 1-888-301-1106.

La Sante Du Cerveau

Session de sensibilisation sur la santé du cerveau. SVP contactez notre bureau pour plus d'informations par courriel à intake@alzheimerdurham.com ou appelez le 905-576-2567 ext. 5233 sans frais au 1-888-301-1106.



Events and Fundraising

Donate in Memory and in Honour

Memorial donations to the Alzheimer Society of Durham Region (ASDR) are a significant way to pay tribute to a relative, friend or co-worker who has passed away. You are honouring a special life by helping us improve the quality of life of people living with Alzheimer's disease and other dementias and their care partners.

You can also honour or remember your loved one as part of a celebration gift. You can commemorate any special occasion, including birthdays, anniversaries, graduations, retirements or weddings with a gift to the ASDR. Please contact us directly and we'll customize a package for you.

Donate in memory or honour or contact us for more information:

Email information@alzheimerdurham.com

Phone 905-576-2567 ext. 5222 | toll-free at 1-888-301-1106



Social with a Purpose

Now more than ever, it's important to find new, creative ways to stay connected to our friends and family, even while staying physically apart.

Our NEW do-it-yourself Social with a Purpose fundraiser gives you an excuse to get together with your friends, family and community and turn your virtual social gathering into a fundraiser! All funds raised will go towards supporting social recreation programs offered at the Alzheimer Society of Durham Region—programs that are vital for people living with dementia and their care partners.

Learn more about Social with a Purpose and how to get started: <http://on.alz.to/socialwithapurpose>

WHO DO YOU WALK FOR?

SAVE THE DATE

05 - 29 - 2021

WWW.WALKFORALZHEIMERS.CA



**WALK FOR
ALZHEIMER'S**

Alzheimer Society

ACTIVITY KITS

FUN EDUCATION ENGAGEMENT



Activity boxes may include
(but are not limited to)

- ✓ PRINTED GAMES
- ✓ SMALL EXERCISE EQUIPMENT
- ✓ DECK OF CARDS
- ✓ VISITING TIPS
- ✓ INFORMATION/RESOURCES
FOR CARE PARTNERS

Are you a care partner of someone living with dementia in a long-term care or retirement home? Are you looking for ways to engage your loved one in a fun and meaningful visit?

Participating in activities together can engage the person living with dementia and helps to add meaning to their lives.

This program is for persons living with dementia and/or care partners. *Formal diagnosis not required.* Must reside within Durham Region. **To obtain an activity box, please contact our Intake Coordinator at 905-576-2567 ext. 5233 or 1-888-301-1106 or email intake@alzheimerdurham.com**

Depending on demand there could be a wait of up to two weeks. Quantities are limited. Some restrictions may apply.