

PROGRAMS & SERVICES GUIDE

JANUARY
- JUNE
2018



Alzheimer *Society*

SIMCOE COUNTY

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.

Contact Us!

IN PERSON:

BARRIE:
Monday—Friday
8:30 a.m.—12:00 p.m. and 1:00 p.m. —4:30 p.m.
(Closed at lunch)
20 Anne St. N.

ORILLIA:
Thursdays only 1:00—4:30 p.m.
(or by appointment)
25 Museum Drive

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



**24/7
DEMENTIA
ADVICE AND
SUPPORT**

**CALL
1-866-797-0000**

After-hours support for
persons with dementia
and their caregivers.

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We are Here to Help!

The staff and volunteers at the Alzheimer Society are committed to providing a variety of programs & services for people living with dementia, their care partners, professionals and the general community. We offer opportunities to:

LEARN

Deepen your understanding about dementia and how to live well by participating in an education group, workshop or simply requesting an information package.

CONNECT

Meet with a Family Support Coordinator for one-to-one or family dementia counselling or join a Support Group, Social Group and/or Minds in Motion program to connect with others in similar situations.

ENGAGE

Actively support the Alzheimer Society's efforts in the community by volunteering with us, participating in our community events and/or helping us raise funds to support the work we do.

How You Can Help—ENGAGE with us!

You can help in a lot of different ways by getting involved with us.

We need volunteers of all backgrounds with different skills and interests to plan, coordinate, teach, **speak**, innovate, lead, create, **inspire**, advocate, organize, investigate, **facilitate**, meet and greet, answer phones and more.

Would you like to make a difference? To volunteer, contact Marguerite Glanfield, Volunteer Resources Coordinator at 705-722-1066 ext. 230 or visit our website at www.alzheimer.ca/en/simcoecounty/Get-Involved to find out more!

**Make a
difference!**



Registering for Education Programs



If you are interested in attending one of the education programs listed in this guide, please contact our office to register **in advance** for the program (unless otherwise stated). It is helpful for our Education Team to know the number of people who are expected in order to best prepare for the session.

Likewise, if you have registered for a program, but are no longer able to attend, please contact the office to let us know of your absence. Not only is this a considerate practice, in some cases, there are waitlists for programs so you will be freeing up a space for another person to get the information they need!

Due to an increase in demand for service delivery, our education team will no longer have the ability to make calls to people who have expressed interest in hearing about upcoming sessions. All efforts will be made to get that information to people through other means (e.g. copy of this program & services guide, direct to website, subscribe to monthly e-newsletter). We thank you for your understanding.

Program Cancellations

There are times when a program must be **cancelled** due to weather, facilitator illness, low registration or other unforeseen circumstances. The Alzheimer Society will make every effort to cancel a program in a timely manner. When inclement weather is in the forecast, consideration is given to weather warnings, bus cancellations and projected deterioration of conditions. Registered program participants will be notified by phone. Cancellation notices will also be placed on social media and sent to news outlets. It is never our expectation for clients or staff to drive in poor weather. Please use your discretion.



LEARN: Education for People Living with Dementia

First Steps



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

This 4-part series covers:

- learning about dementia
- planning for the future
- adapting to changes in the brain
- healthy brain strategies

Barrie

Thursdays, April 5, 12, 19, 26th
10:00 a.m.—12:00 p.m.

Barrie

Saturdays, May 5th & 12th
9:30 a.m.—12:30 p.m.

Midland

Fridays, June 1, 8, 15, 22
10:00 a.m.—12:00 p.m.

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

No charge for registration—donations appreciated.

Registration is required through the Alzheimer Society, 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 People Living with Dementia

Taking Control of Our Lives (Self Management)

Taking Control of Our Lives is an 8-week program focused on empowering and supporting people living with dementia to develop/strengthen and put into practice the necessary knowledge, skills and attitudes needed in order to live well with dementia. Topics covered include: finding meaning, communication, decision-making, emotional wellness & adapting to change.

Orillia

Thursdays, March 22—May 10
10:00 a.m.—12:00 p.m.

No charge for registration—donations appreciated.

Registration is required through
the Alzheimer Society

Driving Cessation (Pilot Program)

Learn more about why a driving cessation plan is an important part of your self management plan. This session is open to persons living with dementia, and their care partners who are nearing the time when they must stop driving.

Topics discussed will include:

- risks associated with driving while living with dementia
- coping with the loss of a license
- options for transportation.

Collingwood

Wednesdays, May 2 & 9
1:00—3:00 p.m.

No charge for registration—donations appreciated.

Registration is required through
the Alzheimer Society

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

To register please contact us at:

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

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Learn: Education for People Living with Dementia

ADDITIONAL RESOURCES

Murray Alzheimer Research & Education Program (MAREP)

A fantastic resource for people living with dementia is the MAREP program run out of the University of Waterloo. Over the years they have created a number of resources for people living with dementia written BY people living with dementia. The **By Us For Us guides** are available for loan through our library or can be purchased from MAREP on their website.

MAREP also maintains a blog site for people to share their stories and information; they email out a weekly dementia news summary and have a newsletter.

For more information or to sign up for their monthly e-newsletter, please visit:

<https://uwaterloo.ca/murray-alzheimer-research-and-education-program/people-living-dementia>

Ontario Dementia Advisory Group

Formed in 2014, this group aims to influence policies, practices and people, to ensure that persons living with dementia are included in every decision that affects their lives. They operate under the philosophy of **“Nothing about us, without us!”**

If you are interested in learning more or signing up for their monthly newsletter, please visit: www.odag.ca



Photo by Remi Walle
on Unsplash

Learn: Education for People Living with Dementia

Participate in Research

There is still much to uncover about Alzheimer's disease and other dementias. The Alzheimer Society of Canada funds research in several areas: identifying new drugs; developing diagnostic tools; studying the impact of diet and lifestyle on progression; using technology to improve quality of life and improving care delivery in a variety of settings.



The Alzheimer Society Research Portal connects researchers with Canadians looking to participate in studies which will help advance Canadian studies on Alzheimer's disease and other dementias for generations to come. To view current studies please visit: <http://www.alzheimer.ca/en/Home/Research/Research-portal>

There are potential risks and benefits to participating in research and it is important to understand both before signing up for a study. To access a list of questions and checklist that can be helpful in determining if you should participate in a study, please visit: http://www.alzheimer.ca/sites/default/files/files/national/research/checklist_for_participating_e.pdf

Did You Know?

The Alzheimer Society Research Program (ASRP) has funded \$53 million in grants and awards since its inception in 1989.

The Alzheimer Society Research Program is a collaborative initiative of the provincial Alzheimer Societies, the Alzheimer Society of Canada, partners, and valuable donors who support research directed at both eliminating dementia and improving the lives of those affected by it.

LEARN: Education for Care Partners

Next Steps

Next Steps is an introductory series for care partners that focuses on understanding & supporting a person living with dementia. This 2-part series covers learning about dementia, adapting to changes in the brain, enhancing communication, assessing and managing risk & planning ahead. It is recommended that participants attend all sessions in the series.

Barrie

Thursdays, March 1 & 8
6:00 p.m.—8:30 p.m.

Barrie

Mondays, March 19 & 26th
9:30 a.m.—12:00 p.m.

*Note this session held off site at ***Amica at Barrie***

Beeton

Wednesdays, March 28 & April 4
12:30—3:00 p.m.

North Simcoe (Tay Townhsip)

Thursdays, May 17 & 24
1:00—3:30 p.m.

Orillia

Thursdays, May 31 & June 7
10:00 a.m.—12:30 p.m.

Collingwood

Wednesdays, June 6 & 13
10:00 a.m.—12:30 p.m.

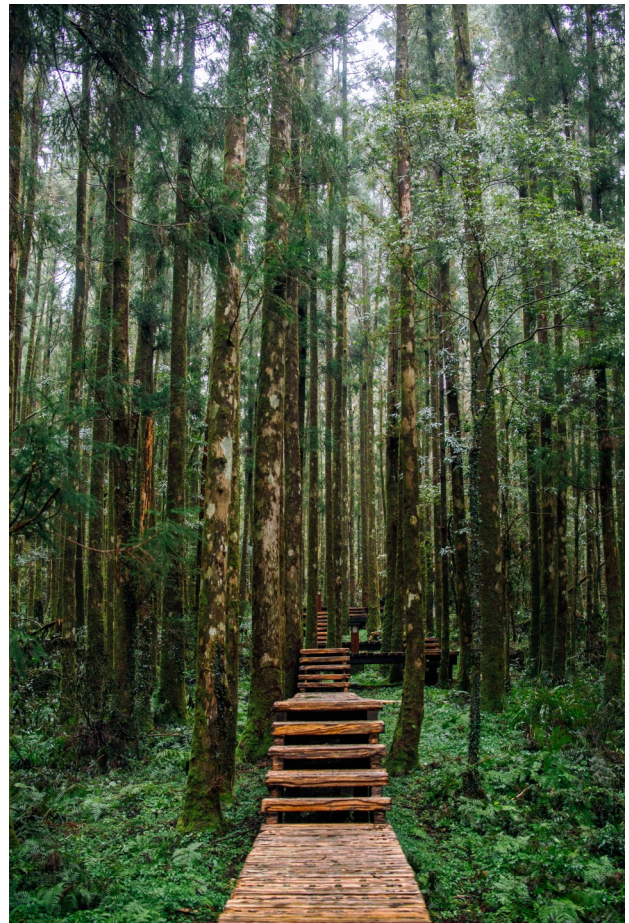


Photo by Andrew Haimerl on Unsplash

No charge for registration—donations appreciated.

Registration is required through the Alzheimer Society, please contact us at:

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

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LEARN: Education for Care Partners

Care Essentials

Photo by [Tom Ezzatkah](#) on [Unsplash](#)

Care Essentials is a 2-part series that covers issues commonly faced by Care Partners supporting someone in the middle stages of dementia.

- **Part 1: Communication:**
Strategies to Enhance Communication
- **Part 2: Behaviours:**
Understanding & Responding to Behaviours.



Barrie

Fridays, April 6 & 13
9:30 a.m.—12:00 p.m.

Midland

Fridays, May 4 & 11
10:00 a.m.—12:30 p.m.

Orillia

Thursdays, April 19 & 26
1:00—3:30 p.m.

Barrie

Wednesdays, June 6 & 13
9:30 a.m.—12:00 p.m.

Options for Care

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

- Part 1: Options for Care in the Community
- Part 2: Options for Care—Navigating the Long-Term Care System

Barrie

Part 1—Tuesday, June 5
Part 2—Tuesday, June 12
10:00 a.m.—12:00 p.m.

Collingwood

Part 1—Wednesday, May 2
Part 2—Wednesday, May 9
10:00 a.m.—12:00 p.m.

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

No charge for registration—donations appreciated.

Registration is required through the Alzheimer Society, please contact us at:

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

LEARN: Education for Care Partners

Care in the Later Stages

Care in the Later Stages is a 3 part program that addresses issues that may arise in the end stages of dementia. Participants may register for one or two sessions OR attend all three.

| | |
|--|--|
| Part One: Making Connections in the Later Stage | <u>Barrie</u> Tuesday, April 3 9:30—11:30 a.m. |
| Part Two: Health Care Decisions in the Later Stage | <u>Barrie</u> Tuesday, May 29 9:30—11:30 a.m. |
| Part Three: Ambiguous Loss & Grief | <u>Barrie</u> Wednesday, June 20 1:00—3:00 p.m. |

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 and Hospice Orillia as we help you work through the grieving process. There is no cost to attend this workshop.

Orillia

Tuesday, June 5

10:00 a.m.—2:30 p.m.

Cost: Free

Lunch not provided

“The word ‘ambiguous’ helped me understand what was going on. I’m still married to my wife. I love her, but I don’t live with her. I’ve always been crazy about her and still am. She’s looked after, but it’s a huge loss for me. The ambiguity is exactly how I feel.”

- A male caregiver in Toronto

No charge for registration—donations appreciated.

Registration is required through the Alzheimer Society, 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.



HAVE CONCERNS? QUESTIONS? NEED
AN IMPARTIAL LISTENING EAR?

Access our Dementia Counselling service to speak with one of our Family Support Coordinators. Dementia Counselling is confidential and offered by telephone, e-mail or in-person visits. Contact us today to be connected to a Family Support Coordinator!

Image courtesy of Neil Thomas on Unsplash



FINDING Your Way[®]

*For people with dementia,
every step counts.*

www.findingyourwayontario.ca

Living safely with dementia

Knowing the risks is important, but people with dementia and their families can still live well in the community. If you have dementia, or are caring for a person with dementia, the Alzheimer Society of Ontario's Finding Your Way program has information and resources to help you be prepared and stay safe.

LEARN: Education for Care Partners

Understanding Dementia

What is dementia and how does this term relate to Alzheimer’s disease. What are the warning signs of dementia? Learn what risk factors we have control of and what steps you can take to keep your brain healthy.

Bradford

Tuesday, April 10

1:00—2:30 pm.

Bradford Public Library, 425 Holland St. W
(Board Room)

Self Care

Taking care of yourself while you are caring for another person is extremely important. Learn why it is helpful to put yourself first sometimes and discuss challenges that may exist which prevent us from practicing good self-care. Learn strategies to overcome these barriers which ensure good self-care.

Alliston

Thursday, March 15

2:00—3:30 p.m.

Matthew’s House Hospice

**Please register by calling Matthew’s House
directly at 705-435-7218**

Bradford:

Tuesday, March 20

1:00—2:30 p.m.

Bradford Public Library

425 Holland St. W. (Board Room)

Orillia

Thursday, June 21

10:00—11:30 a.m.

Senior’s Care Clinic, 25 Museum Drive

No charge for registration—donations appreciated.

Registration for these programs is required through the Alzheimer Society,
(unless otherwise stated)

please contact us at:

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

Learn: Education for Care Partners

Remember Me (Children's Program)

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

Barrie:

Friday, June 1

(PA Day)

9:00 a.m.—3:30 p.m.

Location:

Grove Park Home

234 Cook St.

\$10 fee includes lunch & snacks. Registration is required.

Deadline for registration is Friday, May 25—one week prior to event date.

Learn: Education for Professionals

U-FIRST!

U-First! is a training program that helps frontline staff to develop a common knowledge base, language, values and approach to caring for people with Alzheimer's disease and other dementias by:

- Understanding the person living with dementia and associated behaviour changes
- Working as a team to develop individualized support strategies

The Alzheimer Society of Simcoe County and our local Psychogeriatric Resource Consultants will be holding U-First Training this Spring in Barrie, Collingwood and Orillia. These sessions are open to all health care providers, particularly unregistered staff.

Cost is \$75. For a list of upcoming sessions and to register, please visit www.u-first.ca

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

Learn: Education for the General Public

Heads Up for Healthier Brains

Heads Up for Healthier Brains is a 4-week Brain Health series that 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.



Angus

Thursdays, February 1, 8, 15, 22
1:00—3:00 p.m.
Essa Public Library, 8505 County Rd. 10

Tay

Thursdays, March 21, 28, April 4 & 11
1:00—3:00 p.m.
Tay Township Library
145 Albert St. Victoria Harbour



Midland

Fridays, May 4, 11, 18, 25
1:30—3:30 p.m.
Askennonia Senior Centre
527 Len Self Blvd.

Orillia

Tuesdays, April 24, May 1, 8, 15
10:00 a.m.—12:00 p.m.
Seniors Care Clinic
25 Museum Drive



Innisfil

Fridays, May 4, 11, 18, 25
10:00 a.m.—12:00 p.m.

*Registration is done through Town of Innisfil and is available online, in person or by fax. \$5.00 fee is charged. Visit <https://innisfil.ca/thingstodo/programsactivities>



Thornton

Thursday, June 7, 14, 21, 28
2:00—4:00 p.m.
Essa Public Library: Thornton Branch
34 Robert Street



No charge for registration—*donations appreciated*. A program manual is available for \$5.00
Registration is required through the Alzheimer Society by contacting us at:
Tel: 705-722-1066 Toll-free: 1-800-265-5391 E-mail: simcoecounty@alzheimersociety.ca

LEARN: Education for Everyone

Advanced Care Planning

Do you know who your Substitute Decision Maker is? Are you the Substitute Decision Maker for your family member? Have you had discussions together about future care planning? Advance Care Planning is centered around this discussion – the expression of future wishes - and is important to ensure that your wishes are followed when you are no longer able to express them.

This session will look at Advance Care Planning in more detail and provide participants with tools to guide discussions and decision making.

Orillia:

Thursday, March 1

10:00—11:30 a.m.

Seniors Care Clinic, 25 Museum Drive

Registration is required through the Alzheimer Society. Please call 705-722-1066

Online Learning

The Alzheimer Society of Toronto (AST) offers online E-Learning Modules, Live Webinars and Healthcare professional training programs. Most programs are free (excluding health care professional training); you just need to create an account (no charge) which will allow you to participate.

Visit www.alzeducate.ca to view and access these programs.

We provide tailored Education & Information 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

dbessette@alzheimersociety.ca



CONNECT: Support Groups for Care Partners

These monthly drop-in groups provide an opportunity for care partners to share their thoughts, feelings, worries, and to learn important tips and strategies from other's who are experiencing similar situations.

Alliston

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

Mondays:

- January 15
- *February 12
- March 19
- April 16
- *May 14
- June 18

Bradford

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

Tuesdays:

- January 16
- February 20
- March 20
- April 17
- May 22
- June 19

Stroud

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

Thursdays:

- January 18
- February 22
- March 22
- April 19
- May 24
- June 21

Barrie - Daytime

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

Tuesdays:

- January 16
- February 20
- March 20
- April 17
- May 22
- June 19

Barrie - Evening

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

Tuesdays:

- January 16
- February 20
- March 20
- April 17
- May 22
- June 19

Collingwood

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

Wednesdays:

- January 24
- February 28
- March 28
- April 25
- May 23
- June 27

Orillia - Daytime—

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

Wednesdays:

- January 3
- February 7
- March 7
- April 4
- May 2
- June 6

Orillia - Evening

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

Thursdays:

- January 18
- February 15
- March 15
- April 19
- May 17
- June 21

Midland/Penetang

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

Mondays:

- January 29
- February 26
- March 26
- April 30
- May 28
- June 25



Announcing the Support Group PLUS Respite Program

We know as care partners you may not always be able to leave your family member/friend who is living with dementia home alone. Not only are you worried about possible risks, the person themselves may not feel comfortable staying alone.

That's why we are excited to announce that beginning in November, those living with dementia in Collingwood, Orillia and Barrie can attend an on-site respite group run by VON Simcoe County while you - the care partner - are attending an Alzheimer Society of Simcoe County led peer support group.

There is no fee to attend, however pre-registration for the Support Group PLUS Respite program is required. Care partners attending the support group alone are always welcome and are NOT required to register.

Please contact the Alzheimer Society of Simcoe County for more information about this program at 705-722-1066

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

Orillia Social Luncheon

The Orillia Social Luncheon is open to people living with dementia, and their care partners. The group will meet monthly at the following restaurants in Orillia.

| | |
|---------|------------------------------------|
| Jan 15 | Bayside Restaurant, 500 Atherly Rd |
| Feb 12 | Tammies Place, 83 Mississauga St |
| Mar 19 | Lake Country Grill, 425 West St N. |
| Apr 16 | Flippin' Eggs, 598 Atherly Rd |
| May 14 | Boston Pizza, 3300 Monarch Dr |
| June 18 | 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 provides an informal opportunity for people living with dementia and their care partners to meet monthly in a stress free setting.

In you are interested in attending the Barrie Coffee Social, please call Heidi at 705-722-1066.



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, over the ear headphones, a personalized music playlist and on-going technical support. If you or someone you know would benefit from an iPod, please call 705-722-1066 or fill out an online registration form at www.musicproject.ca/register

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

Minds in Motion®

Minds in Motion® is a community-based social program that incorporates physical activity and cognitive stimulation for people with early to mid-stage dementia, and their care partners. This 2-hour program runs once a week, for 8 weeks and offers:

- Gentle & easy to follow physical activities
- Fun social activities

| | |
|--|---|
| <p><u>Orillia</u> Wednesdays, January 10—March 7 9:30—11:30 a.m. Rotary Place, 100 University Avenue</p> | <p><u>Innisfil</u> Mondays, January 15—March 12 10:00 a.m.—12:00 p.m. Stroud Innisfil Community Centre, 7883 Yonge St</p> |
| <p><u>Collingwood</u> Tuesdays, January 16—March 6 10:00 a.m.—12:00 p.m. Central Park Arena, 85 Patterson St.</p> | <p><u>Alliston</u> Fridays, January 19—March 9 9:30 –11:30 a.m. New Tecumseth Centre, 7300 Industrial Parkway</p> |
| <p><u>Orillia</u> Wednesdays, April 4—May 30 9:30—11:30 a.m. Rotary Place, 100 University Avenue</p> | <p><u>Penetanguishene</u> Thursdays, April 5—May 24 1:30—3:30 p.m. Georgian Village & Manor, 101 Thompson Rd.</p> |
| <p><u>Barrie</u> Mondays, April 9—June 4 9:30—11:30 a.m. Parkview Senior Centre 189 Blake St.</p> | <p style="text-align: right;"><i>\$40 per couple. Registration is required through the Alzheimer Society. Please call 705-722-1066 to register.</i></p> |

**Make a
difference!**



Volunteers are an important part of the Minds in Motion program!

If you enjoy working with others, are friendly and energetic, and are looking for an opportunity to get involved with us in a fun way, this might be the right volunteer fit for you.

To find out more, please contact Marguerite Glanfield, Volunteer Resources Coordinator at 705-722-1066 ext. 230 or mglanfield@alzheimersociety.ca

ENGAGE: Be a FUNDRAISER!

Be a fundraiser for the Alzheimer Society on your time and on your terms!

The Alzheimer Society of Simcoe County relies on people like you to help us support the programs and services we offer to people living with dementia, and their care partners. Here are some ways that you can help us generate funds for our mission.

Walk for Alzheimer's

The Walk for Alzheimer's is the Alzheimer Society's largest fundraising event. 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 visit www.walkforalzheimers.ca or contact Josie Figliuzzi- Events Coordinator at jfigliuzzi@alzheimersociety.ca



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

Tag Days



The annual Tag Day Campaign raises funds for local programs and services provided to individuals living with Alzheimer's disease and other dementias, and their care partners, within Simcoe County. Volunteers collect donations outside approved local businesses in one or more 2 hour shifts. For more information on Tag Days visit our website at <http://www.alzheimer.ca/en/simcoecounty/Get-involved/Volunteer/Types-of-volunteering/Fundraising/Tag-Days>

Coffee Break®

Coffee Break® is the Alzheimer Society's nationwide annual fundraiser where people gather in communities and make a donation in exchange for a cup of coffee. It's a fun, easy and rewarding way to bring people together to help raise much needed funds for people in our community living with Alzheimer's disease and other dementias.

For more information, or to register to host a Coffee Break® visit

www.coffeebreaksimcoe.com



ENGAGE: Become a Volunteer!



There are many good reasons for volunteering, whether you want to give back to your community, aspire to develop a new skill, or want to expand your social network. But have you considered the health benefits of volunteering? Keeping your brain in shape is another important reason for volunteering, and a healthy brain is vital for healthy aging.

For more information call our office or visit:
<http://www.alzheimer.ca/en/simcoecounty/Get-Involved/Volunteering>



National Volunteer Week is April 15-21, 2018

On behalf of the staff at the Alzheimer Society of Simcoe County, we thank you for your continued commitment and enthusiasm!

Each of you provides **roots** for the work of the Alzheimer Society in your community. We are grateful for your time, effort and commitment to **make a difference** for those living with Alzheimer's disease and other dementias, and their care partners.

ENGAGE: Make a DONATION

Making a donation to the Alzheimer Society of Simcoe County is investing in the health and well-being of the growing seniors community in Simcoe County. Individuals and families that are informed about the disease, treatment options, risk factors and who are informed about ways to manage difficult behaviours as they arise are far more likely to effectively manage their dementia journey than those who try to manage without support.

Your donation funds education programs and support services to these families. Over 40% of our funding comes from the support of our community. You can donate in the following ways:

In Memoriam & In Honour

Memorial donations honour the passing of a loved one or friend. Memorial donations can be made through a funeral home or directly to the Alzheimer Society of Simcoe County. The Society will send a note to the family informing them that a donation has been made by you in memory of their family member. Please ensure that you include the name and mailing address of the individual who will receive the note about the donation made.

In Honour (Tribute) donations can be made in honour of a birthday, wedding anniversary, retirement or any special occasion. Receipts can be issued either in the donor's name or in the name of the individual you wish to honour. A note will be sent to the individual informing them that a donation has been made in their honour. Please ensure that you include the name and mailing address of the individual you are honouring as well as any special messages you wish included.

General Donations or Monthly Giving

General donations can be a one-time event or part of your monthly giving plan. Donations can be made:

- ⇒ By Telephone with a credit card
Please call 705-722-1066 or 1-800-265-5391
- ⇒ By Mail (make cheques payable to the Alzheimer Society of Simcoe County)
20 Anne St. South, P.O. Box 1414, Barrie, ON L4M 5R4
- ⇒ In Person (during regular office hours)
20 Anne St. South, Barrie, On L4N 2C6

Leave a Legacy or Planned Gift

Leaving your legacy starts with writing your Will. Just as you have supported us in your lifetime, consider remembering the Alzheimer Society of Simcoe County in your Will. To learn more about Planned Giving or to request a free estate planning guide, please contact us.

The Alzheimer Society understands that donors consider estate and gift planning to be a strictly confidential matter. Please be assured your enquiry will be handled in a manner that respects your privacy and maintains confidentiality.

A Note about Donations

Please consider how you'd like to support the Alzheimer Society in Canada by recognizing the differences in where you direct your donation.

| Donation To | Impact |
|--|---|
| Alzheimer Society of CANADA | Helps fund national advocacy efforts and research investments |
| Alzheimer Society of ONTARIO | Helps fund provincial advocacy efforts. Local Societies receive a portion of these funds to help with programs & services |
| Alzheimer Society of SIMCOE COUNTY | Stays in the community to help fund programs & services throughout Simcoe County |
| <i>Donations received by the Alzheimer Society of Simcoe County that are designated for research, are donated to the Alzheimer Society of Canada's Research Program.</i> | |

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 |
| Taryl Bougie | Minds in Motion Coordinator | Ext. 223 | taryl.bougie@alzheimersociety.ca |
| Laura-Lynn Bourassa | Manager of Education & Support Programs | Ext. 224 | lbourassa@alzheimersociety.ca |
| Dana Bessette | Education Coordinator | Ext. 225 | dbessette@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 |
| Michelle Menecola | First Link Care Navigator | Ext. 257 | mmenecola@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

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|--------------------|--|--|
| Jessie Daniel | Social Worker Behavioural Support System—Mobile Team | jdaniel@nsmbss.ca |
| Jenny Keresztesi | Occupational Therapist Behavioural Support System - Mobile Team | jkeresztesi@nsmbss.ca |
| Stephanie Saunders | Social Worker Behavioural Support System—Mobile Team | ssaunders@nsmbss.ca |