

Alzheimer *Society*

SIMCOE COUNTY

Programs & Services Guide

January

-

June 2020

Alzheimer Society

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

The staff and volunteers at the Alzheimer Society are committed to providing the highest quality programs and services that will help to achieve our vision of seeing people with Alzheimer's disease and other dementias live well and thrive in their community.

Please review the information contained in this guide and contact us with any questions.

Contact Us!

IN PERSON: 20 Anne Street South, Barrie
Monday—Friday
8:30 a.m.—12:00 p.m. (closed for lunch)
1:00—4:30 p.m.

25 Museum Drive, Orillia
(Seniors Care Clinic Entrance)
Thursdays only 1:00—4:30 p.m.
(or by appointment)

Please note we will be closed from
Tuesday, December 24, 2019—
Wednesday, January 1, 2020.

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

 @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.

Table of Contents

Registering for Programs	5	Connecting Remotely to Programs	6
Programs Cancellations	5		
Education for People Living with Dementia			
First Steps	6	Taking Control of Our Lives	7
Education for Care Partners (Family & Friends)			
Next Steps	8	Positive Approach to Care	9
Care Essentials	8	Ambiguous Loss	10
Education for the General Public			
Head’s Up for Healthier Brains	11	Dementia Friendly Communities	14
Living Safely in the Community Sessions	12	Speaker’s Bureau	15
Living Safely in the Community Info.....	13	Online Learning	15
Dementia Friendly Community Programs	14		
Education for Professionals			
U-First!	16	Gentle Persuasive Approach (GPA)	16
Psychogeriatric Resource Consultants	16		
Support for Persons living with dementia and/or Care Partners			
Supportive Counselling	17	Drop in Care Partner Support Groups	18
First Link Care Navigation	17	Support Group PLUS Respite Program	19
Social & Recreational Opportunities for People living with dementia and Care Partners			
Good Day Café	20	Music Project	21
Orillia Social Luncheon	21	Minds in Motion	22
Engage with Us!			
Become a Volunteer	23	Make a Donation	26
Have Your Say	23	Leave a Legacy	27
Be a Fundraiser.....	24	Location & Contact Information	28

Registering for Programs

The majority of the programs we offer require participants to register with us beforehand. This allows the staff team to be fully prepared for the sessions with sufficient supplies for all participants and adequate space for all to safely and comfortably attend. Registration requirements will be listed under each program.

If you are interested in attending one of our programs, please contact our office to register for the program **in advance** (unless it is otherwise stated).

We know that the best laid plans can go awry. **If you have registered for a program**, but are no longer able to attend, please contact the office to let us know that you will not be participating. Often there are waitlists for programs so you will be freeing up a space for another person to get the information they need!

Program Cancellations

There are times when we have to cancel a program due to weather, facilitator illness, low registration or 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. The safety of our clients and staff is a top concern so it is never our expectation for you to drive in poor weather. Please use your discretion.

***NEW* Connect Remotely to Education Programs!**

We recognize that a program may not be offered in your community exactly when you need it. If there is an education program running in a location that you can't get to, try tapping into it remotely!

The Alzheimer Society is pleased to offer Zoom video conferencing as an option for people who can't attend certain education sessions in person.

Zoom is an application that allows users to make free video calls with individuals or groups of people. The Alzheimer Society of Simcoe County is piloting using Zoom to enable people to participate in education sessions that are held in different locations through the comfort of your own home. All that is required is a laptop, tablet or smartphone, a connection to the internet and an email address.

This is as new for us as it is for you! In order to make sure we have the hang of it, we are trialing this option with select education sessions – look for the Zoom symbol to see the program if being offered remotely.

Registration is required for all education programs. If you want to register for one and access it through Zoom, please call to register and we'll go over the steps involved to get connected!



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

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.

Midland

Fridays, March 6, 13, 20, 27
10:00 a.m.—12:00 p.m.

Barrie

Saturdays, March 21 & 28
9:30 a.m.—12:00 p.m.

Barrie

Mondays, April 6, 13, 20, 27
1:00—3:00 p.m.

Collingwood

Tuesdays, April 7, 14, 21, 28
10:00 a.m.—12:00 p.m.

Alliston

Thursdays, May 7, 14, 21, 28
10:00 a.m.—12:00 p.m.

No charge for registration—donations appreciated.

Registration is required through the Alzheimer Society.

For Barrie & Alliston sessions, please contact Dana Bessette at: Tel: 705-722-1066 EXT. 225
For Midland & Collingwood sessions, please contact Erika Rice at: Tel: 705-329-0909 EXT.3802

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.

*No charge for registration—donations appreciated.
Registration is required through the Alzheimer Society*

Orillia

Mondays, February 24—April 13
10:00 a.m.—12:00 p.m.

To register for Orillia session contact:
Erika Rice at 705-329-0909 ext. 3802

Elmvale


Fridays, May 1—June 13
1:00—3:00 p.m.

To register for Elmvale session contact:
Dana Bessette at 705-722-1066 ext. 225

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 both sessions in the series.

<p><u>Barrie</u> Saturday, February 15 9:30—3:30 p.m.</p>	<p><u>Barrie</u> Tuesdays, April 7 & 14 9:30 a.m.—12:00 p.m.</p> 
<p><u>Wasaga Beach</u> Fridays, April 17 & 24 1:00 – 3:30 p.m.</p>	<p><u>Orillia</u> Mondays, April 27 & May 4 9:30 a.m.—12:00 p.m.</p>

Care Essentials

Care Essentials is a 2-week series that covers issues commonly faced by care partners supporting someone in the middle stages of dementia. Topics that are reviewed include:

- Strategies to Enhance Communication
- Understanding & Responding to Behaviours

<p><u>Alliston</u> Thursdays, April 2 & 9 10:00 a.m. -12:32 p.m.</p>	<p><u>Barrie</u> Saturday, May 2 9:30 a.m.—3:30 p.m.</p>
<p><u>Collingwood</u> Wednesdays, May 6 & 13 9:30 a.m.—12:00 p.m.</p>	<p><u>Orillia</u> Mondays, June 1 & 8 9:30 a.m.—12:00 p.m.</p>

*No charge for registration—donations appreciated.
Registration is required through the Alzheimer Society*

For **Barrie & Alliston** sessions, please contact Dana Bessette at: Tel: 705-722-1066 EXT.225

For **Orillia, Collingwood & Wasaga Beach** sessions, please contact Erika Rice at: Tel: 705-329-0909 EXT 3802

Education for Care Partners

Positive Approach® to Care Workshop

The Alzheimer Society of Simcoe County’s Education Coordinators are Certified Independent Positive Approach to Care® (PAC) Trainers. This program was developed by renowned dementia educator, Teepa Snow, and aims to help Care Partners understand brain changes that result from dementia and learn ways to approach the person living with dementia that accommodates for those changes. Our goal is to help you build skills, including practical hands-on techniques, to create a positive and supportive relationship for you and the person living with dementia.

Penetang

Thursdays, February 20 & 27
10 a.m. – 12 p.m.

Barrie

Saturday, April 18
9:30 a.m.—2:00 p.m.

Barrie

Tuesdays, June 2 & 9
9:30 a.m.—12:00 p.m

No charge for registration—donations appreciated.

Registration is required through the Alzheimer Society.

For Barrie sessions, please contact Dana Bessette at: Tel: 705-722-1066 EXT.225
For Penetang sessions, please contact Erika Rice at: Tel: 705-329-0909 EXT. 3802



Education 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 designed to help you work through the many losses experienced along the dementia journey, long before death occurs.

Canadian Virtual Hospice provides an online educational resource for people working through difficult issues and grief.

Barrie

Saturday, March 7

10:00 a.m.—2:30 p.m.

***Please bring your own lunch**

No charge for registration—donations appreciated

Registration is required through the Alzheimer Society

Please contact Dana Bessette to register
705-722-1066 ext. 225

Education for 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. *Cost: FREE— Program Manual available for \$5.00*

<u>Midland</u> Thursdays, March 5 – 26 1:00 – 3:00 Askennonia Senior Centre 527 Len Self Blvd.	<u>Wasaga Beach</u> Fridays, April 17, 24, May 1 & 8 10:00 a.m.—12:00 p.m. Adult Learning Centre, Room 204 14 Ramblewood Rd.,
<u>Bradford</u> Wednesdays, May 6, 13, 20, 27 1:00—3:00 p.m. Bradford West Gwillimbury Library 425 Holland Street West	<u>Angus</u> Mondays, June 1, 8, 15, 22 10:00 a.m. -12:00 p.m. Essa Public Library 8505 County Road 10, Angus
<u>Orillia</u> Mondays, June 1, 8, 15, 22 1:30—3:30 p.m. Orillia Public Library 36 Mississauga St. W.	<u>Collingwood</u> Fridays, June 5, 12, 19, 26 10:00 a.m.—12:00 p.m. Collingwood Public Library 55 Ste. Marie St.

Registration is required through the Alzheimer Society by contacting us at:

Tel: 705-722-1066 or 1-800-265-5391

E-mail: simcoecounty@alzheimersociety.ca

Education for the General Public

Living Safely in the Community

Join our Education Coordinators at one of the below public information sessions to learn more about why people with dementia get lost or go missing, how the risk of missing incidents can be reduced, and what to do, as a community member, if someone does go missing.



www.findingyourwayontario.ca

<p><u>Alliston</u> Wednesday, January 15 1:00—2:30 p.m.</p> <p>Alliston Public Library 17 Victoria St. E.</p>	<p><u>Barrie</u> Thursday, January 23 2:00—3:30 p.m.</p> <p>Barrie Public Library 60 Worsley St.</p>
<p><u>Angus</u> Monday, February 10 10:00—11:30 a.m.</p> <p>Essa Public Library 8505 County Rd 10 #1</p>	<p><u>Midland</u> Tuesdays, February 11 9:15—10:45 a.m.</p> <p>Askennonnia Senior Centre 527 Len Self Blvd.</p>
<p><u>Bradford</u> Thursday, February 20 1:00—2:30 p.m.</p> <p>Bradford Public Library 425 Holland St. W</p>	<p><u>Beeton</u> Wednesday, February 26 1:00—2:30 p.m.</p> <p>Beeton Public Library 42 Main St. W</p>
<p><u>Victoria Harbour</u> Wednesday, February 26 1:30—3:00 p.m.</p> <p>Victoria Harbour Library 145 Albert St.</p>	<p><u>Wasaga Beach</u> Wednesday, March 4 10:30—12:00 p.m.</p> <p>Wasaga Beach Public Library 120 Glenwood Drive</p>
<p><u>Penetanguishene</u> Wednesday, March 11 10:30—12:00 p.m.</p> <p>Penetanguishene Public Library 24 Simcoe St.</p>	<p><u>Stayner</u> Thursday, March 19 10:30 – 11:30</p> <p>Stayner Community Centre 269 Regina Street,</p>
<p><u>Ramara</u> Wednesday, March 25 10:30 a.m.—12:00 pm.</p> <p>Ramara Public Library 5482 Highway 12</p>	<p><u>Orillia</u> Wednesday, March 25 1:00—2:30 p.m.</p> <p>Orillia Public Library 36 Mississauga St. W</p>
<p><u>Port McNicoll</u> Tuesday, March 31 1:30 – 3:00</p> <p>J&M Young Library 714 4th Avenue</p>	<p><u>Collingwood</u> Friday, May 22 10:00—11:30 a.m.</p> <p>Collingwood Public Library 55 Ste. Marie St.</p>

Living Safely in the Community INFO

The **MedicAlert® Safely Home®** program is a nationwide program that provides emergency and critical health information for registered participants who wear a specially engraved identification bracelet. An emergency 24 hour hotline is staffed by medically trained specialists who communicate with police and emergency responders. An annual fee applies.

 **MedicAlert® Safely Home®**

www.medicalert.ca/safelyhome

Vulnerable Persons Registries are voluntary registries that provide police with up-to-date emergency contact information, detailed physical descriptions, known routines and any special needs of the registered individual. This information is only available to police in an emergency. Several local police forces maintain their own lists.

South Simcoe Police:

www.vulnerablepersonsregister.ca

Barrie:

www.barriepolice.ca/vulnerable-person-registry-vpr

Project LifeSaver® Simcoe is a program that uses FM radio signals to locate missing individuals. Currently this program is available within the City of Barrie and the South Simcoe region. A start-up and annual fee applies.



www.projectlifesaversimcoe.ca

Education for the General Public

Dementia Friendly Communities

A Dementia Friendly Community is a place where people living with dementia are understood, respected and supported; an environment where people living with dementia are confident that they can contribute to and enjoy community life. In a Dementia Friendly Community, people are aware of and understand dementia, and people living with dementia are included and have choice and control over their day-to-day lives and level of engagement.

If you are interested in learning more about what you can do to help us build a Dementia Friendly Community here in Simcoe County, please contact us at 705-722-1066 or visit www.alzheimer.ca/en/on/We-can-help/Dementia-Friendly-Communities-Ontario/Building-Dementia-Friendly-Communities

The following programs /activities are offered by other organizations in the community. They are not run by or affiliated with the Alzheimer Society of Simcoe County.

Dementia Friendly Programs in the Community

<u>Memories Coffee Hour</u> People with early stages of dementia are welcome to come with care partners to this drop-in social time. Puzzles, activities and opportunities to ask questions and enjoy each other's company. No registration is required.	3rd Tuesday of each month 10:00—11:00 a.m.	Orillia Public Library 36 Mississaga Street
<u>Active Mind Kits</u> These kits are designed to be an interactive tool for visiting with a person living with dementia or for providing some purposeful structure to their day at home with a companion or caregiver. Kits may be loaned for three weeks. All kits contain a selection of large print short readers that are designed for those with dementia, as well as, a unique activity to complete together.		Wasaga Beach Public Library 120 Glenwood Drive

Education for the General Public

Speaker's Bureau

Need a speaker for your next event? Want to learn more about dementia or how to maintain your brain health?

The Alzheimer Society of Simcoe County Education Coordinators and Speakers Bureau volunteers are available to provide education on dementia-related topics to public and professional groups. These sessions are flexible, designed to meet your needs and can range in duration.

Sample topics include:

Dementia: An Overview
Heads Up for Healthier Brains

More topics available upon request

If you are interested in booking education for your group, please contact:
Dana Bessette, Education Coordinator
Tel: 705-722-1066 ext. 225

Online Learning

There are a number of great online learning platforms designed to increase your understanding of dementia.

- www.alzeducate.ca - run by the Alzheimer Society of Toronto. Online webinars include: Dementia Basics, Communication, Behaviour, and Finding Your Way
- www.igericare.ca—run by McMaster University. Online courses include: What is dementia, Treatment, Brain Health, Behaviour Management, Caregiver Wellness

Education for the General Public

U-First!

U-First! is a training program that helps direct care 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

Cost for U-First sessions is \$75. To view upcoming U-First Sessions offered throughout the province, please visit <http://www.u-first.ca>

To book a session for your organization, please contact our office at 705-722-1066 or register your team for training at <http://u-first.ca/training-registration/>

GPA

Gentle Persuasive Approach in Dementia Care (GPA) is a dementia care education curriculum based on a person-centred care approach. It is designed for interdisciplinary point of care staff across healthcare sectors and is delivered as four modules over a 7.5-hour day.

To learn more about the GPA program, please visit <https://ageinc.ca/about-gpa-2/>

Psychogeriatric Resource Consultants

Our staff of Education Coordinators work with the Psychogeriatric Resource Consultants (PRC) from the North Simcoe Muskoka Specialized Geriatrics Services (NSM SGS) to support dementia-related learning needs within the community support services sector in Simcoe County. Together, they co-facilitate U-First!, GPA & PAC sessions, as well as, plan the North Simcoe Muskoka Dementia Network annual conference. The PRC's also provide educational support and case consultation to providers to assist with understanding behavioural expressions that may be due to complex mental health, dementia, substance use and/or other neurological conditions.

To learn about upcoming professional development opportunities offered by the NSM SGS, please visit: <http://www.nsmgs.ca/home/education>

Support for the Person with Dementia and/or Care Partner

Supportive Counselling

Do you have questions or concerns regarding your diagnosis of dementia or are you providing care and support to a person living with dementia? Would you like to talk to someone about how you are coping? Our team of highly-trained Family Support Coordinators provide confidential supportive counselling to people living with dementia and/or their care partners (family & friends). They address issues such as:

- Managing stress resulting from a dementia diagnosis
- Coping & care strategies
- Future planning
- Symptom management

Our supportive dementia counselling can be provided in office, over the phone or at another location of your choosing. It is free and confidential.

If you have never spoken with a Family Support Coordinator before, please call our office at 705-722-1066 to start the intake process.

If you have spoken with a Family Support Coordinator before—please feel free to connect with them at any time.

First Link Care Navigation

Do you need assistance connecting to dementia support and services? Are you having trouble coordinating your existing services? Our First Link Care Navigator can help you.

Our First Link Care Navigator will:

- Assess your needs
- Help create a personalized support plan
- Help connect and coordinate services
- Follow up to ensure things are working

Please contact our office for more information about our First Link Care Navigation support at 705-722-1066

Support Groups for Care Partners

Drop In Care Partner Support Groups

These groups are for care partners of persons with dementia in early, middle and late stages, regardless of their living arrangements. These groups are not open to professionals.

Location	Address	Day	Dates	Time
Alliston	St. John's United Church (Dermott Room) 56 Victoria St	3rd Monday	Jan. 20, *Feb. 24 Mar. 16, Apr. 20, *May 11, June 15 <small>*date change due to holiday</small>	10:00 a.m.
Barrie	20 Anne Street South	3rd Tuesday	Jan.21, Feb. 18, Mar. 17, Apr. 21, May 19, June 16	9:30 a.m.
Barrie	VON Office 14 Cedar Point Drive Unit 1501	3rd Tuesday	Jan.21, Feb. 18, Mar. 17, Apr. 21, May 19, June 16	7:00 p.m.
Bradford	The Elden of Bradford Retirement Residence 3131 8th Line (Private Dining Room)	3rd Tuesday	Jan.21, Feb. 18, Mar. 17, Apr. 21, May 19, June 16	10.00 a.m.
Collingwood	Raglan Village (Baker's Kitchen) 89 Raglan St.	4th Wednesday	Jan. 22, Feb. 26, Mar. 25, Apr. 22, May 27, June 24	1:00 p.m.
Penetang	Bayfield House (2nd floor lounge) 5 Beck Blvd.	Last Monday	Jan. 27, Feb. 24, Mar. 30, Apr. 27, May 25, June 29	7:00 p.m.
Orillia	Leacock Retirement Lodge (4th Floor lounge) 298 Forest Ave.	1st Wednesday	*Jan. 8, Feb. 5, Mar. 4, Apr. 1, May 6, June 3 <small>*date change due to holiday</small>	1:00 p.m.
Orillia	Seniors Care Clinic 25 Museum Drive	3rd Thursday	Jan. 16, Feb. 20, Mar. 19, Apr. 16, May 21, June 18	7:00 p.m.
Stroud	The Spoke Clubhouse, Sandy Acres North 908 Lockhart Road	3rd Thursday	Jan. 16, Feb. 20, Mar. 19, Apr. 16, May 21, June 18	1:00 p.m.

Support Groups for Care Partners

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 at home alone. You may be worried about possible risks and the person themselves may not feel comfortable staying alone.

The Support Group PLUS Respite Program provides an opportunity for care partners to bring the person living with dementia when they attend the Support Group. While the care partners attends the Alzheimer Society Support Group, the person living with dementia attends an on-site respite group operated by VON Simcoe County. The Alzheimer Society is pleased to offer this program in partnership with VON Simcoe County.

Location	Address	Day	Dates	Time
Orillia	Leacock Retirement Lodge (3rd Floor lounge) 298 Forest Ave.	1st Wednesday	*Jan. 8, Feb. 5, Mar. 4, Apr. 1, May 6, June 3 <small>*date change due to holiday</small>	1:00 p.m.
Barrie	VON Office 14 Cedar Point Drive Unit 1501	3rd Tuesday	Jan.21, Feb. 18, Mar. 17, Apr. 21, May 19, June 16	7:00 p.m.

Registration in the Respite Program is MANDATORY and must occur monthly.

To register, please call the Alzheimer Society at 705-722-1066

*Please note: Care partners attending the support group **alone** are always welcome and are NOT required to register.*



Social & Recreational Programs

***NEW* Good Day Café**



Good Day Café's are drop-in social group for people living with dementia and their care partners. Run by the Alzheimer Society of Simcoe County, in partnership with local venues, café's provide an opportunity for you to chat with other people, exchange information and experiences and have some fun over a cup of coffee and/or something to eat in a supportive and friendly environment.

Previously known in Barrie as the Coffee Social, Good Day Café's will soon be offered in several communities throughout Simcoe County. Please stay tuned for community announcements as locations are confirmed.

Participants of Good Day Cafes are responsible for their own food and drink.

Community	Time	Location
Barrie	1st Thursday of each month 11:00 a.m.—12:00 p.m	The Golden Griddle, 400 Bayfield St.
Midland	To be determined	To be determined
Alliston	To be determined	To be determined
Wasaga Beach	To be determined	To be determined

For more information, please contact the Alzheimer Society at 705-722-1066 and specify the location you are calling about.

Social & Recreational Programs

Orillia Social Luncheon

The Orillia Social Luncheon is open to people living with dementia, and their care partners. The group typically meets the 3rd Monday of each month at various restaurants in Orillia.

January 20th	Colborne Chinese Buffet	72 Colborne St W
February 10th	Lake Country Grill	425 West Street N
March 16th	Boston Pizza	3300 Monarch Dr
April 20th	Flipping Eggs	598 Atherley Rd
May 11th	Gung Ho Chinese Canadian Restaurant	438 West Street N
June 15th	Bogey's at Couchiching Golf Club	370 Peter St N

For more information or to **reserve your spot**, please call Susan Nagy at 705-329-0909 EXT. 3801 or email snagy@alzheimersociety.ca

Music Project



The Music Project provides a music player and personalized music to individuals living with dementia to help improve their quality of life. The music package includes: a Sandisk device, over the ear headphones, a personalized music playlist and ongoing technical support.

If you or someone you know would benefit from the Music Project, please call 705-722-1066 or fill out an online registration form at www.musicproject.ca/register

Social & Recreational Programs

Minds in Motion®

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

COST: \$40/couple. Registration is required by calling 705-722-1066

CITY	DATE	TIME	LOCATION
Barrie	Mondays, January 13—March 9 *no class Feb. 17 Mondays, April 6—June 1 *no class May 18	9:30—11:30 a.m.	Parkview Senior Centre 189 Blake Street
Barrie	Mondays, January 13—March 9 *no class Feb. 17 Mondays, April 6—June 1 *no class May 18	1:30—3:30 p.m.	East Bayfield Community Centre 80 Livingstone Street
Barrie	Wednesdays, January 15—March 4	9:30—11:30 a.m.	Location TBD
Collingwood	Tuesdays, January 14—March 3	10:00 a.m.— 12:00 p.m.	Central Park Arena 85 Patterson St
Innisfil	Thursdays, January 16—March 5	9:30—11:30 a.m.	Churchill Community Centre 6322 Yonge St.
Alliston	Friday, January 17—March 13 *no class Jan. 31	9:30—11:30 a.m.	Alliston Memorial Arena 49 Nelson St. West.
Wasaga Beach	Tuesdays, April 7—May 26	10:00 a.m.— 12:00 p.m.	Wasaga Beach Lions Club 1724 Mosley St.
Midland	Wednesdays, April 8—May 27	1:30—3:30 p.m.	Location TBD
Bradford	Thursdays, April 9—May 28	1:45—3:45 p.m.	Bradford West Gwillimbury Leisure Centre 471 West Park Avenue
Orillia	Wednesday April 8 – May 27, 2020	10:00 a.m. – 12:0 p.m.	25 Museum Dr.

To register, contact Taryl Bougie, Minds in Motion Coordinator, at 705-795-6259

Become a Volunteer

You can **Make a Difference** this Autumn and Winter by planning your volunteer activities now. Plan to join the IG Wealth Management Walk for Alzheimer's which will be held in May 2020. It takes many hands to make light work—and it is fun to do! Plan to donate 2 hours for one shift at Tag Days in your community to raise funds for Programs & Services in Simcoe County. Plan to distribute Coffee Break Host Kits in your community. Plan, Plan, Plan— and give us a call!



For more information call our office or visit:

<http://www.alzheimer.ca/en/simcoecounty/Get-Involved/Volunteering> to find out more!

Have Your Say!

We value your feedback about the experiences you have with our programs and services. No matter how you are connecting with us, we aim to provide you with a high quality experience.

We strive to be:

- Welcoming
- Respectful
- Efficient
- Supportive
- Sensitive
- Informative
- Helpful

Your thoughts and suggestions are welcome at any time, please feel free to share them with staff you are interacting with or directly with our Manager of Education & Support Programs by contacting Laura-Lynn Bourassa at 705-722-1066 ext. 224 or via email at: lbouassa@alzheimersociety.ca

You may also wish to formally share your feedback with us by filling in a quick on-line satisfaction survey. This survey is open year-round.

Visit: <https://www.surveymonkey.com/r/ASSC2019-2020>



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 raise much needed funds. All monies raised at these events stay in Simcoe County to support the programs and services we offer to people living with dementia, and their care partners.

For more information about any of these events, please contact Events Coordinator, Carol Dowell at carol.dowell@alzheimersociety.ca or 705 722-1066 ext 228

Here are some ways that you can help us generate funds for our mission.

IG Wealth Management Walk for Alzheimer's

The IG Wealth Management Walk for Alzheimer's is the Alzheimer Society's largest fundraising event. It is a great opportunity for individuals to spend meaningful time with family and friends, while helping to raise funds and awareness in the community.



For more information regarding the IG Wealth Management Walk for Alzheimer's visit www.walkforalzheimers.ca

Alzheimer Society

Tag Days



The annual Tag Day campaign takes place in various communities throughout Simcoe County. Volunteers collect donations outside approved local businesses in one or more 2-hour shifts.

For more information, visit our website at <https://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 raise money.

For more information, or to register to host a Coffee Break® visit www.coffeebreaksimcoe.com



Anything for Alzheimer's



Anything for Alzheimer's is a new fundraising site designed to make organizing a third-party event easier. Events can range from birthday celebrations to tournaments and tributes. Donations can be made online to assist in tracking.

Visit www.alzgiving.ca/anything to get inspired by past events and register online to easily collect funds and email your contacts.

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 who are informed about the disease, treatment options, risk factors and ways to manage challenging behaviours as they arise are more likely to manage their dementia journey more effectively than those who try to manage without support.

Your donation funds education programs and support services for these families. 40% of our

In Memoriam & In Honour

funding comes through support of our community. You can donate in the following ways: **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.

In Honour (Tribute) donations can be made in honour of a birthday, wedding anniversary, retirement or any special occasion. 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

General Donations or Monthly Giving

to include.

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 life-time, 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>	

Location & Contact Information



Alzheimer Society of Simcoe County
20 Anne Street South, Barrie, ON L4N 2C6
P.O. Box 1414, Barrie, ON L4M 5R4
705-722-1066
1-800-265-5391
www.alzheimer.ca/Simcoecounty
Simcoecounty@alzheimersociety.ca

