# Alzheimer Society

# Winter Programs & Services Guide

JANUARY - MARCH 2025



EDUCATION, SOCIAL RECREATION AND SUPPORT PROGRAMS FOR PEOPLE LIVING WITH DEMENTIA AND THEIR CARE PARTNERS





#### **WELCOME**

The staff and volunteers at the Alzheimer Society of Simcoe County (the Society) are dedicated to providing high quality programs and services for people living with dementia and their care partners. Our programs and services are available to people of any age who are:

- Living with a progressive dementia
   OR
- A care partner supporting a person living with a progressive dementia

We also offer a number of programs for the general public and health professionals. Please review the information within this guide and contact us with any questions.

#### **CONTACT US**

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

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

**EMAIL**: simcoecounty@alzheimersociety.ca

WEB: https://alzheimer.ca/simcoecounty/en

20 ANNE STREET SOUTH

AlzheimerSocietySimcoeCounty

in Alzheimer Society of Simcoe County

@alzheimersimcoe

@alzheimersimcoe

MAIN OFFICE - WALK-INS WELCOME

Monday—Friday 8:30 am—4:30 pm (closed at lunch 12-1)



BARRIE:

The Alzheimer Society of Simcoe County celebrates diversity and strives to provide equitable and inclusive services. We are proud to share that 100% of our staff are trained in the Safer Spaces 2SLGBTQIA+ Cultural Competency training.

**CHARITABLE NUMBER: 11921 2116 RR0001** 

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### **NEW**

#### **Program Registration Process**

All of our programs require you to register to make sure there is enough room and supplies for all attendees. You can find program information and descriptions in this guide.

### To register for all programming, call Megan Fisher at 705-722-1066 ext. 234



\*Note: Due to high demand across Simcoe County, some programs may have wait lists. Please confirm that you've been registered with the Society.

If you have registered for a program **but are no longer able to attend**, please contact the office to let us know so we can offer the spot to our waitlist.

The Society does its best to cover programming through all circumstances. There are times we have to cancel a program due to weather, facilitator illness, low registration or unforeseen circumstances. We will aim to cancel in a timely manner and will **contact you by phone and/or email**.

#### **New Client Registration**

The Society is pleased to welcome Megan Fisher to our team, as the Intake and Referral Coordinator. Megan is responsible for new client intake, as well as program registration for existing clients.



If you are NEW to the Society (OR have not accessed our services within the last year), please contact Megan to complete the intake process.

705-722-1066 ext. 234

#### **Additional Support After Hours**

#### **Health Connect Ontario**

- Call 811
- Chat online
- Website: https://health811.ontario.ca/

#### 211

- Call 211
- Available 24 hours/day
- Website: https://211.ca/

#### **Program Eligibility**

To be eligible for our services, you must be:

- · Concerned about your memory; OR
- · Living with dementia; OR
- Supporting someone living with dementia

AND have a connection to this region (e.g., you or the person you are supporting lives in Simcoe County).

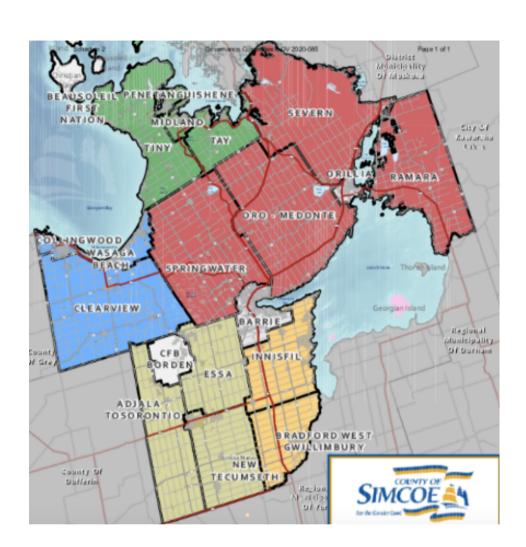
Some programs have additional eligibility criteria



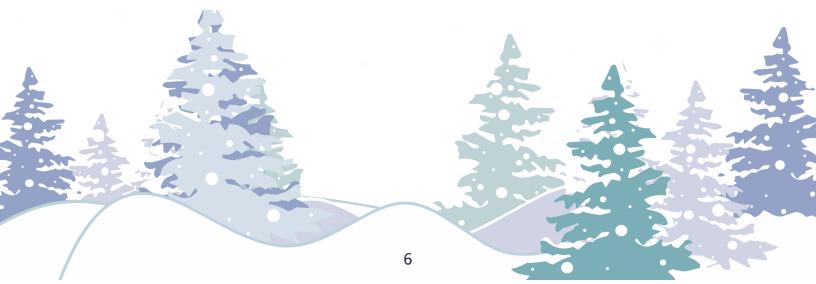
#### **Service Area**

#### Our programs serve those who live in Simcoe County, including:

- Adjala-Tosorontio
- Barrie
- Bradford West Gwillimbury
- Clearview
- Collingwood
- Essa
- Innisfil
- Ramara
- Severn
- Springwater
- Tay
- Tiny
- New Tecumseth
- Orillia
- Oro-Medonte
- Wasaga Beach



If you are unsure if you or the person you are supporting are within our service area, please call 705-722-1066.



#### **Program Descriptions**

#### **INFORMATION**

Brochures and information sheets about dementia, including signs and symptoms, progression, and caregiving tips. Available on request and at the Barrie office.

#### **EDUCATION**

Workshops and presentations that address symptoms, care & coping strategies, and future planning. Programs are designed specifically for care partners and for individuals living with dementia to learn more about symptoms and strategies to live well. [See pages 8-12 for schedule]

<u>Eligibility</u>: A person living with dementia in the early stages OR a care partner of a person living with dementia, regardless of living situation.

#### CARE NAVIGATION

Provided to people who are newly diagnosed and/or with no connections to other services to help them get the support and services they need. [Call 705-722-1066 for more information]

<u>Eligibility</u>: A person living with dementia in the early stages OR a care partner of a person living with dementia, regardless of living situation.

#### SUPPORTIVE COUNSELLING

1:1 (or family) supportive counselling offered to provide opportunities for care partners and or persons living with dementia to speak with someone more in depth about their personal situation. [See page 13 for more information]

<u>Eligibility</u>: A person living with dementia in the early stages OR a care partner of a person living with dementia, regardless of living situation.

#### **SUPPORT GROUPS**

Monthly support groups (online and in-person) for care partners. Support groups run in 3-month cycles online and in person. [See pages 17 -18 for schedule]

Eligibility: Care partners of a person living with dementia.

#### **ENHANCING CARE (CARERS/TEACH GROUPS)**

Group programs for care partners who are looking for additional supports/caregiving strategies. The programs are designed to address each groups' current caregiving challenges and focuses on providing practical, skill-based strategies.

[See pages 14-16 for schedule and more information]

<u>Eligibility</u>: Care partners of a person living with dementia. Some groups are specific to certain care partner relationships (e.g., Spouses group) or living situation (e.g., Long Term Care group)

#### **SOCIAL RECREATION**

Programs designed to provide stimulation and encourage social connections. [See page 19 for more information]

Minds in Motion®: An 8-week community exercise and cognitive stimulation/social program for persons living with dementia and their care partners.

Musical Memories: A 6-week music program held online, facilitated in partnership with Music Therapists from Music Therapy Services of Simcoe County.

Creative Spark: A multi-week art program held in conjunction with MacLaren Art Centre in Barrie

<u>Eligibility</u>: Persons living in the community, including within retirement homes, with early - mid stage dementia & their care partners.

#### IN-HOME RECREATION

Clients receive 1.5 hour in-home visits for 12 weeks individually designed to provide meaningful engagement and customized activities for the person living with dementia, while supporting respite for the care partner.

[See page 20 for more information]

<u>Eligibility</u>: Persons living in the community\* with early - mid stage dementia who do not require personal support during the visit and have no known behavioural concerns.

\*living in the community does not include persons living in Retirement Home or Long Term Care, unless otherwise specified.

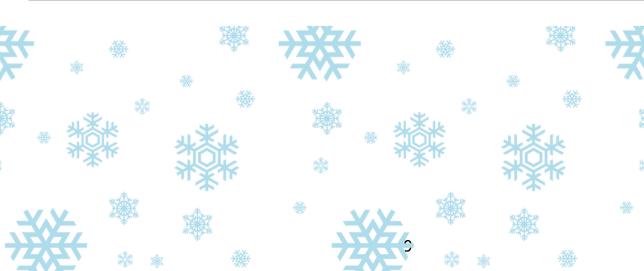
# **EDUCATION PROGRAMS**for Care Partners & General Public

#### **Welcome to ASSC/Dementia 101**

This presentation provides a general overview about what dementia is, communication tips, and the Society's program and service offerings.

This session is ideal for clients who are new to the society, and are wishing to learn more about what we offer.

Format	Location	Date	Time	Contact to Register
In-Person	Barrie Alzheimer Society Office 20 Anne St S	Thursday Jan 23	11am - 12pm	
In-Person	Orillia Alzheimer Society Satellite Office 25 Museum Dr.	Thursday Feb 6	1pm - 2pm	Megan Fisher 705-722-1066
Online	zoom	Wednesday Feb 26	6pm - 7pm	ext. 234
In-Person	Alliston Matthew's House 131 Wellington St, E	Wednesday March 19	1pm- 2pm	



#### **EDUCATION PROGRAMS**

#### for Persons Living with Dementia & Care Partners

#### **First Steps**

This is a 4-week introductory series for persons living with dementia and their care partners to attend together. It teaches about common dementia symptoms, adapting to changes, and planning ahead.

Format	Location	Dates	Time	Contact to Register
In-Person	Barrie Alzheimer Society Office 20 Anne St S	Wednesday Jan 15 Wednesday Jan 22 Wednesday Jan 29 Wednesday Feb 5	2pm - 4pm	
In-Person	Penetanguishene Bayfield House 5 Beck Blvd, Penetanguishene	Wednesday Feb 12 Wednesday Feb 19 Wednesday Feb 26 Wednesday March 5	1pm - 3pm	Megan Fisher 705-722-1066 ext. 234
Online	zoom	Tuesday March 11 Tuesday March 18 Tuesday March 25 Tuesday April 1	10am - 12pm	



### **FOR Care Partners**

#### **Next Steps**

This is a 3-part series for care partners that covers (1) the symptoms of dementia; (2) adapting to changes; and (3) planning for the future & creating a circle of support

Format	Location	Dates	Time	Contact to Register
In-Person	Orillia Alzheimer Society Satellite Office 25 Museum Dr.	Thursday Jan 16 Thursday Jan 23 Thursday Jan 30	1pm - 3pm	
In-Person	Wasaga Beach United Church 380 Zoo Park Rd S	Tuesday Feb 11 Tuesday Feb 18 Tuesday Feb 25	1pm - 3pm	Megan Fisher 705-722-1066 ext. 234
Online	zoom	Wednesday March 12 Wednesday March 19 Wednesday March 26	6pm - 8pm	

#### **Driving and Dementia**

This education session provides care partners with information on navigating driving and dementia. Topics covered include when to retire from driving, living safely in community, and exploring transportation options to maintain independence and support quality of life.

Format	Location	Date	Time	Contact to Register
In-Person	Barrie Alzheimer Society Office 20 Anne St S	Wednesday March 12	2pm - 3pm	Megan Fisher 705-722-1066 ext. 234

## **FOR CATE PARTIES**

#### **3Ds of Dementia**

Learn about the 3 D's - Delirium, Depression and Dementia and how you can support the person you are caring for when they are experiencing any of these conditions.

Format	Location	Dates	Time	Contact to Register
In-Person	Collingwood Collingwood Public Library 55 Ste Marie St	Wednesday Feb 12	1pm - 3pm	Megan Fisher 705-722-1066
In-Person	Midland Midland Public Library 320 King St	Thursday March 27	1pm- 3pm	ext. 234

#### **8 As of Dementia**

This 4-week series discusses common symptoms that those living with dementia may experience. Each week will cover two of the 8As of dementia.

- Amnesia & Agnosia
- Anosognosia & Apraxia
- Altered Perception & Attention Deficit
- Aphasia & Apathy

Format	Location	Date	Time	Contact to Register
Online	zoom	Tuesday Feb 4 Tuesday Feb 11 Tuesday Feb 18 Tuesday Feb 25	6pm - 8pm	Megan Fisher 705-722-1066 ext. 234

# **EDUCATION PROGRAMS for Care Partners**

#### **Care Essentials**

This is a 3-week education series for care partners supporting a person in mid to late stage of dementia. The focus is on communication changes and strategies, understanding responsive behaviours and supporting daily activities.

Format	Location	Dates	Time	Contact to Register
In-Person	Braford West Gwillimbury BWG Public Library 425 Holland St W	Thursday Feb 13 Thursday Feb 20 Thursday Feb 27	1pm - 3pm	Megan Fisher 705-722-1066 ext. 234

#### **Care Essentials On-Demand**

Care Essentials is offered as a series of four videos which care partners can watch at their own pace and in their own time. The focus is on communication changes and strategies, understanding responsive behaviours and supporting daily activities.

Video links and workbook will be emailed to care partners the week prior.

Format	Location	Dates	Time	Contact to Register
Online	zoom	Monday March 10 Monday March 24	7pm - 8pm	Megan Fisher 705-722-1066 ext. 234

## **FOR CARE PARTNERS**

#### **Options for Care**

Options for Care consists of three stand-alone courses. They are:

- 1. Help in the home: Creating a plan for support
- 2. Considering residential care options: Retirement and long-term care homes
- 3. Moving to long-term care: Before, during and after

Format	Location	Date	Time	Contact to Register
Online	zoom	Tuesday March 4 Tuesday March 11 Tuesday March 18	1pm - 3pm	Megan Fisher 705-722-1066 ext. 234

#### **Care in the Later Stages**

This 3-week series helps care partners provide quality care for those living with dementia in the late stages of their journey. Topics covered include: (1) Preparing for the Later Stages; (2) Care Strategies—Enhancing Quality of Life; and (3) Taking Care of Yourself

Format	Location	Date	Time	Contact to Register
In-Person	Barrie Alzheimer Society Office 20 Anne St S	Tuesday Jan 28 Tuesday Feb 4 Tuesday Feb 11	1pm - 3pm	Megan Fisher 705-722-1066 ext. 234

## **FOR Care Partners**

#### **Meaningful Visits and Activities**

This session helps families and friends of loved ones in long-term care learn ways to have positive and meaningful visits. It includes tips and ideas for activities that create special moments and strengthen connections during visits.

Format	Location	Date	Time	Contact to Register
Online	zoom	Wednesday Jan 29	6pm-8pm	Megan Fisher
In-Person	Orillia Alzheimer Society Satellite Office 25 Museum Dr.	Thursday March 20	1pm - 3pm	705-722-1066 ext. 234

#### **Self Care for Care Partners**

This session is designed for care partners who are feeling increased stress and anxiety in their role. Topics covered include how to care for yourself as a care partner.

Format	Location	Date	Time	Contact to Register
In-Person	Barrie Alzheimer Society Office 20 Anne St S	Wednesday Feb 19	1pm - 3pm	Megan Fisher 705-722-1066 ext. 234

#### SUPPORT SERVICES

We provide free dementia support to anyone impacted by any type of dementia, whether you are a person living with dementia or their family member, friend, or care partner.

Our Support Services Team 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 Supportive Counselling and Navigation services are offered over the phone, by email, video conference and in-person visits by appointment. In-person visits may be conducted at our Barrie & Orillia office locations or in a person's home.

#### SUPPORTIVE COUNSELLING

### FIRST LINK® CARE NAVIGATION

Our team of Family Support
Coordinators provide safe, confidential counselling where you can talk about your experience, gain insight and practical coping strategies to help you manage circumstances and build resiliency. Staff can help you plan for the future and get connected to other local services.

Get the assistance you need connecting to various dementia support and services. Our highly experienced First Link Care Navigators can help get you started, create a support plan and link you with dementia supports in the community.



To access our supportive counselling or navigation services, please contact our office at **705-722-1066** to begin the intake process.





#### SUPPORT SERVICES Enhancing Care

#### ABOUT THE PROGRAM

Delivered in partnership with Sinai Health Reitman Centre, the Enhancing Care (EC) Program offers therapeutic skills training free of charge to family or other unpaid care partners who are giving care to individuals living with dementia. The EC program provides practical skill-building and emotional support to help care partners deal with the stress and complexities of caregiving.

#### WHO IS THE PROGRAM FOR?

#### Care partners who are:

- Supporting a family member, spouse, friend, or another person living with dementia at home, or living in retirement or Long-Term Care.
- Experiencing challenges with the caregiving role.
- At risk for caregiver burnout (the caregiver's well-being is in jeopardy and/or the care provided is deteriorating).
- Able to attend scheduled weekly sessions for the TEACH or CARERS program and willing to participate in a group setting.

#### **HOW CAN SOMEONE PARTICIPATE?**

- Self-referrals are welcome. Care Partners can contact the Alzheimer Society of Simcoe County (ASSC) at 705-722-1066 ext. 234 to get connected.
- **Health partner referrals** Refer directly to the program using the <u>ASSC First Link</u> <u>Referral Form.</u>

Program registration is required to participate.



# **SUPPORT SERVICES Enhancing Care**

#### **TEACH**

Training, Education and Assistance for Caregiving at Home

4-week interactive group program for care partners, in partnership with the Reitman Centre.

- Focuses on common caregiving themes including:
  - Self-care; Healthcare System Navigation; Relationship Changes; Future Planning
- Coaches care partners in practical communication and coping skills.
- Provides opportunity to share and learn from other care partners.

Format	Location Dates		Time	Contact to Register
Online	zoom	Monday Jan 20 Monday Jan 27 Monday Feb 3 Monday Feb 10	6pm - 7:30pm	
In-Person	Barrie Alzheimer Society Office 20 Anne St S	Thursday Feb 6 Thursday Feb 13 Thursday Feb 20 Thursday Feb 27	10am - 11:30am ext. 234	
In-Person	Orillia Alzheimer Society Satellite Office 25 Museum Dr.	Thursday Feb 20 Thursday Feb 27 Thursday March 6 Thursday March 13	1pm - 2:30pm	

# **SUPPORT SERVICES Enhancing Care**

#### **CARERS**

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

8-week interactive and skills-based group program for care partners.

- Focuses on practical skills and emotional supports to care for people living with dementia.
- Teaches *Problem Solving Techniques*, a structured approach to address problems.
- Coaches care partners in communication skills through the use of Patient Simulation.
- Strategies for keeping a meaningful relationship with the person living with dementia.

Format	Location	Dates	Time	Contact to Register
Online	zoom	Tuesdays, January 21 - March 11	1pm - 3pm	Megan Fisher
In-Person	Barrie Alzheimer Society Office 20 Anne St S	Wednesdays, January 22 - March 12	10am - 12pm	705-722-1066 ext. 234

"It was an amazing program in that I learned how to problem solve different situations that will certainly help to reduce my frustration. The program gave me a different way of looking at things."

- Care Partner



# SUPPORT SERVICES Support Group

#### **IN-PERSON**

These groups are **for care partners** of persons with dementia in early, middle and late stages regardless of their living arrangements. Support groups are time-limited and run for a period of 3 months. Registration is required.

Location	Day	Dates	Time	Contact to Register
Alliston St. John's United Church 56 Victoria St. E	3rd Monday	Jan 20 Feb 17 March 17	10-11:30am	
Barrie Alzheimer Society Office 20 Anne St S	3rd Tuesday	Jan 21 Feb 18 March 18	10-11:30am	
Bradford Elden Retirement Home 3131 8th Line	3rd Tuesday	Jan 21 Feb 18 March 18	10-11:30am	Megan Fisher 705-722-1066
Innisfil Innisfil Public Library 967 Innisfil Beach Rd	3rd Thursday	Jan 16 Feb 20 March 20	1:30-3pm	ext. 234
Orillia Leacock Care Centre 25 Museum Dr	1st Wednesday	Jan 8 Feb 5 March 5	1-2:30pm	
Orillia Leacock Care Center 25 Museum Dr	3rd Thursday	Jan 16 Feb 20 March 20	7-8:30pm	

# SUPPORT SERVICES Support Group

#### **IN-PERSON CONTINUED**

Location	Day	Dates	Time	Contact to Register	
Penetanguishene Bayfield House 5 Beck Blvd	4th Wednesday	Jan 29 Feb 26 March 26	1pm - 2:30pm	Megan Fisher 705-722-1066 ext. 234	
Wasaga Beach United Church 380 Zoo Park Rd S	1st Wednesday	Jan 8 Feb 5 March 5	10am - 11:30pm	CALL ZJT	

#### **ONLINE**

These groups are **for care partners** of persons with dementia in early, middle and late stages regardless of their living arrangements.

Support groups are time-limited and run for a period of 3 months. Registration is required.

Location	Day	Dates	Time	Contact to Register
zoom	1st Tuesday	Jan 7 Feb 4 March 4	7pm - 8:30pm	Megan Fisher 705-722-1066
zoom	2nd Wednesday	Jan 8 Feb 12 March 12	10- 11:30am	ext. 234

### SOCIAL/RECREATION PROGRAMS

#### **MINDS IN MOTION®**

Minds in Motion® is a community-based social program that incorporates physical and mental stimulation for people with early to mid-stage Alzheimer's disease or other forms of dementia and their care partners.

Through the Minds in Motion® program, both the person living with dementia and the care partner can benefit from:

- Increasing physical activity through gentle group exercise.
- Establishing new friendships with others who are living with similar experiences.
- Engaging in fun, social activities.

Format	Location	Dates		Time	Contact to Register
In- person	Alliston Gibson Centre 63 Tupper St W	Mondays	Jan 6 - March 3	1pm - 3pm	
In- person	Wasaga Beach United Church 380 Zoo Park Rd S	Thursdays	Jan 9 - Feb 27	10am - 12pm	Magan Fisher
In- person	Barrie Allandale Recreation Centre 190 Bayview Dr	Tuesdays	Jan 21 - March 11	1pm - 3pm	Megan Fisher 705-722-1066 ext. 234
In- person	Barrie Parkview Community Centre 189 Blake St	Wednesdays	Jan 22 - March 12	10am - 12pm	

### SOCIAL/RECREATION PROGRAMS

#### **MUSIC PROJECT**

The Music Project provides a FREE music player and personalized music to improve the quality of life of those living with dementia.

The music package includes:

- Sandisk device
- Over-the-ear headphones
- Personalized music playlist
- On-going technical support

If you or someone you know would benefit from the Music Project, please call our office at 705-722-1066 or fill out an online registration form with the person living with dementia.

#### www.musicproject.ca/apply



### IN HOME RECREATION THERAPY

This program offers personal visits from a Therapeutic Recreation Specialist or trained volunteer, who will facilitate a variety of personcentered recreation and leisure-based activities, in the comfort of your own home. It consists of weekly visits for a duration of 12 weeks, providing social connection for the person living with dementia and brief respite for the care partner.



### **Program Eligibility**

- Person must be diagnosed with dementia and living in their own home within Simcoe County.
- Person must be willing and able to participate in the recreation plan.

Acceptance into the program is based on a suitability assessment.

If interested, contact our office to be connected to an In-Home Recreation Coordinator for an assessment.



705-722-1066



### AlzheimerSociety

SIMCOE COUNTY

# Holiday Social

Clients of the Alzheimer Society, please join us to celebrate the holiday season with music, games, crafts and snacks!

December 16th: 9:30-11:30 - MIDLAND: Chigamik Community Health Centre-287 Bayshore Dr.



December 17th: 10-12 - ORILLIA: Ramara Fire Station 2- 85 Patricia Dr.



December 19th: 10-12 - BARRIE Parkview Community Centre- 189 Blake St.

For more details or to confirm your attendance, contact Jenna at jlamantia@alzheimerscciety.ca



### **KEY DATES**

December 15 - December 21: Social Drop-Ins

January 2025: Alzheimer's Awareness Month

January 19, 2025: Bowling for Brain Health community event

9AM - 12pm

May 25, 2025: IG Wealth Management Walk for Alzheimer's

September 28, 2025: OMA's Ride at Quayle's Brewery





### YOU'RE INVITED

to become a Dementia Friendly Supporter and recognized partner of the Alzheimer Society of Simcoe County.

#### WHAT IS A DEMENTIA FRIENDLY COMMUNITY?

A place where people living with dementia are **WELCOMED**, **UNDERSTOOD**, **RESPECTED**, **SUPPORTED**, and **INCLUDED**.

#### SIGN UP FOR OUR FREE TRAINING

Join us in creating safe, accessible, and supportive spaces for people living with dementia in our community.



Contact Nicole Schneider, Education Coordinator, to learn more. nschneider@alzheimersociety.ca





TOGETHER, WE CAN BUILD DEMENTIA FRIENDLY COMMUNITIES

### Alzheimer Society

SIMCOE COUNTY

### You Are Invited To Join Our Team

Our volunteers are incredible members of our team across Simcoe County, helping improve the quality of life of persons living with Alzheimer's disease and other dementias, and their care partners.

Thinking about ways to give back in your community? Let's connect to explore options that meet your interests.



#### Explore a Volunteer Role with US



Speaker's Bureau
Office Administration
Walk Committee
Public Engagement - Event Booth
In-Home Recreation
Minds in Motion
Project Lifesaver
Advisory Table
Board of Directors

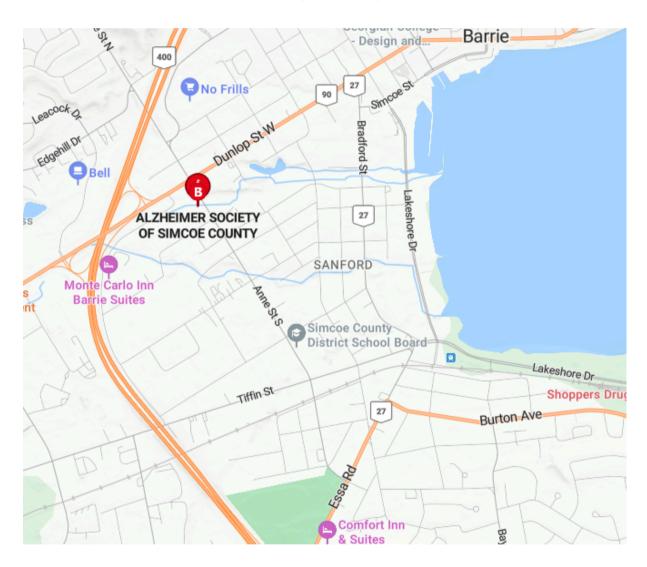
Please reach out for more information about how we can match your interests and time with opportunities at the Alzheimer Society of Simcoe County.

Email: volunteer@alzheimersociety.ca or call 705-722-1066 ext. 230

#### **Location & Contact Information**

#### **Alzheimer Society of Simcoe County**

Main Office - Barrie Hours: M-F 8:30-4:30 20 Anne Street South, Barrie, Ont. L4N 2C6



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

WEBSITE: www.alzheimer.ca/simcoecounty

GENERAL EMAIL: Simcoecounty@alzheimersociety.ca