

Programs & Services Guide

J U L Y - S E P T E M B E R 2 0 2 4



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



**Ontario
Health**

Welcome

The staff and volunteers at the Alzheimer Society of Simcoe County (the Society) are committed to providing the highest quality programs and services that will help people living with dementia and their care partners live well and thrive in their community. 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 contained in 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>



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



[Alzheimer Society of Simcoe County](https://www.linkedin.com/company/Alzheimer-Society-of-Simcoe-County)



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



[@alzheimersimcoe](https://www.instagram.com/alzheimersimcoe)

MAIN OFFICE - SUPPORTING WALK-IN

BARRIE: 20 ANNE STREET SOUTH

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

**** CLOSED 2PM FRIDAYS IN JULY AND AUGUST**



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

Table of Contents

Welcome			
Program Registration.....	4	Program Cancellations.....	4
Program Eligibility.....	5	Program Descriptions.....	6
Education			
For Care Partners & the General Public			
Welcome to ASSC / Dementia 101	8		
For People Living with Dementia			
First Steps.....	9		
For Care Partners			
Next Steps.....	10	8As of Dementia.....	10
Care Essentials / On-Demand	11	U-First! for Care Partners.....	12
Ambiguous Loss & Grief.....	12		
Support Services			
Enhancing Care - TEACH	15	Enhancing Care - CARERS.....	16
In-Person Support Groups.....	17	Online Support Groups.....	18
Social & Recreational Programs			
Music Project.....	19	Minds in Motion.....	19
In Home Recreation.....	20	Summer Social.....	21
Engage with Us!			
Oma's Ride.....	22	Volunteer With Us!.....	23
Location & Contact Information...	24		

Program Registration and Cancellations

All of our programs require you to register to make sure we have enough room and supplies prepared for all attendees. You can find registration information with each program description listed in this guide. When there is available space left, we will start to offer to individuals on the waitlist.

****Please note, due to volume and capacity to provide services across Simcoe County, clients may experience wait times to access some of our programs and services.***

Please always look for confirmation that you've been registered*

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 so we can offer to spot to someone waiting.

705-722-1066



1-800-265-5391

We will always do our best to try to cover a program if a staff member becomes unavailable. When there are times we have to cancel a program due to weather, facilitator illness, low registration or unforeseen circumstances, please know that we will aim to cancel in a timely manner and will look to reach you by phone and/or email.

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

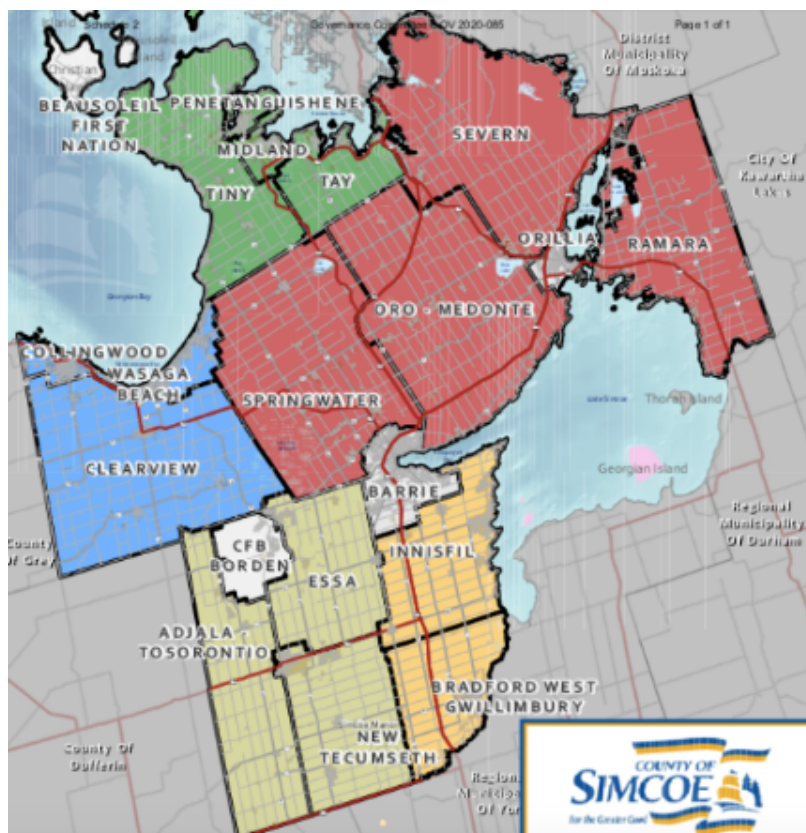
AND have a connection to this region (e.g., you or the person you are supporting lives in Simcoe County).

Some programs have additional eligibility criteria

Service Area

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

- Adajala-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 individual's living with dementia to learn more about symptoms and strategies to live well. [\[See pages 8-12 for schedule\]](#)

Eligibility: *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.

[\[Call 705-722-1066 for more information\]](#)

Eligibility: *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. [\[See page 13 for more information\]](#)

Eligibility: *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 for each groups current caregiving challenges and focuses on providing practical, skill-based strategies. [\[See pages 14-16 for schedule and more information\]](#)

***Eligibility:** 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

***Eligibility:** 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.** [\[See page 20 for more information\]](#)

***Eligibility:** 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

A presentation that provides general knowledge and awareness of a variety of related dementias, communication tips, as well as program and service offerings.

Format	Location	Day	Date	Time	Contact to Register
Online		Tuesday	July 9	1-3pm	Alyssa Pereira 705-722-1066 ext. 226
In-Person	Alliston Matthew's House 131 Wellington St E	Wednesday	July 17	10am-12pm	Nicole Schneider 705-722-1066 ext. 229
In-Person	Barrie Alzheimer Society Office 20 Anne St S	Tuesday	Aug 13	10am-12pm	Nicole Schneider 705-722-1066 ext. 229
In-Person	Wasaga Beach South Georgian Bay Community Health Center 14 Ramblewood Dr #202	Thursday	Sept 5	10am-12pm	Alyssa Pereira 705-722-1066 ext. 226

EDUCATION PROGRAMS

for Persons Living with Dementia

First Steps

This is a 4-week introductory series for persons living with dementia and their care partners. It serves as an opportunity to learn more about symptoms, adapting to changes, strategies and planning ahead.


Format	Location	Day	Date	Time	Contact to Register
In-Person	Barrie Alzheimer Society Office 20 Anne St S	Thursdays	July 4-24	10am- 12pm	Nicole Schneider 705-722-1066 ext. 229
Online	 zoom	Wednesdays	Sept 11-Oct 2	6-8pm	Alyssa Pereira 705-722-1066 ext. 226

EDUCATION PROGRAMS

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	Day	Date	Time	Contact to Register
In-Person	Penetanguishene Bayfield House 5 Beck Blvd, Penetanguishene ON L9M 1C1	Wednesdays	July 10-24	10am-12pm	Alyssa Pereira 705-722-1066 ext. 226
Online		Tuesdays	July 30-Aug 13	6-8pm	Alyssa Pereira 705-722-1066 ext. 226
In-Person	Wasaga Beach South Georgian Bay Community Health Center 14 Ramblewood Dr #202	Tuesdays	Sept 10-24	1-3pm	Nicole Schneider 705-722-1066 ext. 229

8 As of Dementia

This 4-week series will discuss symptoms that those living with dementia may experience as well as what they entail. Each week will cover two of the 8As of dementia: Amnesia & Agnosia, Anosognosia & Apraxia, Altered Perception & Attention Deficit, and Aphasia & Apathy.

Format	Location	Day	Date	Time	Contact to Register
Online		Wednesdays	Aug 14 - Sept 4	6 - 8pm	Nicole Schneider 705-722-1066 ext. 229

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 behaviour and supporting daily activities.

Format	Location	Day	Date	Time	Contact to Register
In-Person	Barrie Alzheimer Society Office 20 Anne St S	Thursdays	Aug 1-15	1:30-3:30pm	Nicole Schneider 705-722-1066 ext. 229
In-Person	Alliston Matthew's House 131 Wellington St, E	Wednesdays	Sept 11-25	10am-12pm	Nicole Schneider 705-722-1066 ext. 229
In-Person	Orillia Alzheimer Society Satellite Office 25 Museum Dr.	Thursdays	Sept 12-26	1-3pm	Alyssa Pereira 705-722-1066 ext. 226

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 behaviour and supporting daily activities.

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

Format	Location	Day	Date	Time	Contact to Register
Online		Thursdays	July 11 & 25	7-8pm	Alyssa Pereira 705-722-1066 ext. 226

EDUCATION PROGRAMS

for Care Partners

U-First for Care Partners

This program will help to: (1) Enhance the well-being of care partners and of the person they are supporting; (2) Reduce responsive behaviours by using the U-First!® framework; and (3) Improve collaboration among all team members through a common knowledge, language and approach to care.

*It is suggested you complete the **Care Essentials** program before this training.*

Format	Location	Day	Date	Time	Contact to Register
Online		Thursdays	Sept 26 Oct 3 Oct 10	1-3pm	Alyssa Pereira 705-722-1066 ext. 226

Ambiguous Loss & Grief

Loss and grief are some of the most significant challenges that care partners experience when supporting people living with dementia. This workshop is designed to help care partners identify and work through the losses and grieving that occurs in different ways at all stages in the dementia caregiving journey.

Format	Location	Day	Date	Time	Contact to Register
In-Person	Orillia Alzheimer Society Satellite Office 25 Museum Dr.	Tuesday	July 16	1-3pm	Alyssa Pereira 705-722-1066 ext. 226
Online		Thursday	Aug 8	6-8pm	Nicole Schneider 705-722-1066 ext. 229

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 Navigator 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

Delivered in partnership with the Reitman Centre, the Enhancing Care Program provides practical skill-building and emotional support to help care partners with the stress and complexities of caregiving.

Contact **Kelly Hutton** to discuss how these programs may support your current caregiving situation at: 705-722-1066 ext. 233 or email: khutton@alzheimersociety.ca

Find more details on the TEACH and CARERS program through our website.

"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

I attended the CARERS program through the Society, and I highly recommend it. It presented problem solving techniques and demonstrated their use through role playing. Because of the small class size everyone had the chance to present their difficulties and learn ways of dealing with them ...

It was just what I needed"

- Care Partner

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	Day	Date	Time	Contact to Register
Online		Mondays	July 22- Aug 19 [omit Aug 5]	6-7:30pm	Kelly Hutton 705-722-1066 ext. 233
In-Person	Barrie Alzheimer Society Office 20 Anne St S	Wednesdays	Aug 7-28	1:30-3pm	Kelly Hutton 705-722-1066 ext. 233
In-Person	Orillia 25 Museum Dr	Tuesdays	Sept 10- Oct 1	1-2:30pm	Kelly Hutton 705-722-1066 ext. 233

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	Day	Date	Time	Contact to Register
In-Person	Alliston Matthew's House 131 Wellington St E	Thursdays	July 11- Aug 29	1-3pm	Kelly Hutton 705-722-1066 ext. 233
Online		Wednesdays	Aug 7-Oct 2 [omit Sept 4]	10am - 12pm	Kelly Hutton 705-722-1066 ext. 233

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	July 15 Aug 19 Sept 16	10-11:30am	Sanju Hirji 705-722-1066 ext. 223
Barrie Alzheimer Society Office 20 Anne St S	3rd Tuesday	June 18 July 16 Aug 20	10:30 -11am	Melissa Martinson mmartinson@alzheim ersociety.ca
Bradford Elden Retirement Home 3131 8th Line	3rd Tuesday	July 16 Aug 20 Sept 17	10-11:30am	Sanju Hirji 705-722-1066 ext. 223
Innisfil Innisfil Public Library 967 Innisfil Beach Rd	3rd Thursday	July 18 Aug 15 Sept 19	1:30-3pm	Sanju Hirji 705-722-1066 ext. 223
Orillia Leacock Care Centre 25 Museum Dr	1st Wednesday	July 3 Aug 7 Sept 4	1-2:30pm	Susan Nagy 705-329-0909 ext. 3803
Orillia Leacock Care Center 25 Museum Dr	3rd Thursday	July 18 Aug 15 Sept 19	7-8:30pm	Susan Nagy 705-329-0909 ext. 3803
Penetanguishene Bayfield House 5 Beck Blvd	Last Wednesday	July 31 Aug 28 Sept 25	1-2:30pm	Meredith Joy 705-715-8625

*The Wasaga Beach Caregiver Support Group will be on-hold until September. To register for Wasaga Beach, contact the main office line at (705)722-1066.

SUPPORT SERVICES

Support Group

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
	1st Tuesday	June 4 July 2 Aug 6	8- 10:30pm	Melissa Martinson mmartinson@alzheimersociety.ca
	2nd Wednesday	July 10 Aug 14 Sept 11	10- 11:30am	Meredith Joy 705-715-8625

LONG TERM CARE SUPPORT GROUP—ONLINE

The Alzheimer Society of Simcoe County has introduced an online support group for caregivers of people who are living with dementia and residing in long term care settings.

Support groups are time-limited and run for a period of 3 months. Registration is required. Once registered, you will receive the Video Conferencing (Zoom) link to participate in the meeting.

Location	Day	Dates	Time	Contact to Register
	2nd Thursday	June 13 July 11 Aug 8	10-11:30am	Melissa Martinson mmartinson@alzheimersociety.ca

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

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

The Minds in Motion® program runs once per week, with in-person sessions (2 hours) or online sessions (1.5 hours), for eight weeks. **This program resumes in September 2024.** For questions, email the MiM Coordinator Kennedy Capson at: kcapson@alzheimersociety.ca or call 705-722-1066.

IN HOME RECREATION THERAPY

This program offers personal visits from a Therapeutic Recreation Specialist or trained volunteer, who will facilitate a variety of person-centered 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

CLIENT SUMMER SOCIAL

**JOIN US FOR AN OUTDOOR
SOCIAL WITH GAMES & MUSIC**

**LIGHT REFRESHMENTS PROVIDED
WELCOME TO BRING A PAPER BAG
PICNIC FOR A SOCIAL LUNCH**

**PLEASE BRING A LAWN
CHAIR IF ABLE**

**DROP-IN PROGRAM
12:30 - 3PM**

JULY 9- ALLISTON

Rotary Pool
79 King St N

JULY 16 - BARRIE

Sunnidale Park
265 Sunnidale Rd

JULY 11 - ORILLIA

Rotary Place
100 University Ave

JULY 18 - WASAGA BEACH

Oakview Woods Community Park
1816 Mosley St

We hope to see
you there!

For more information contact Jenna
jlamantia@alzheimersociety.ca or call
705-722-1066 ext. 221

Announcing OMA's RIDE



Sponsored by the Barrie Colts Foundation, and in partnership with Quayle's Brewery, the Alzheimer Society of Simcoe County is excited to announce their first bike event on Sunday September 29th!

Alzheimer Society
SIMCOE COUNTY



SAVE THE DATE

Come ride with us on
Sept. 29th, 2024



20km, 50km & 100km



Want to know more about Oma's Ride for the
Alzheimer Society of Simcoe County?

Join our mailing list to get details when registration opens.
Interested in sponsorship opportunities? Contact Ann-Marie at
akungl@alzheimersociety.ca or call 705-722-1066 ext. 222.

Join us for our first Oma's Ride!

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](#).

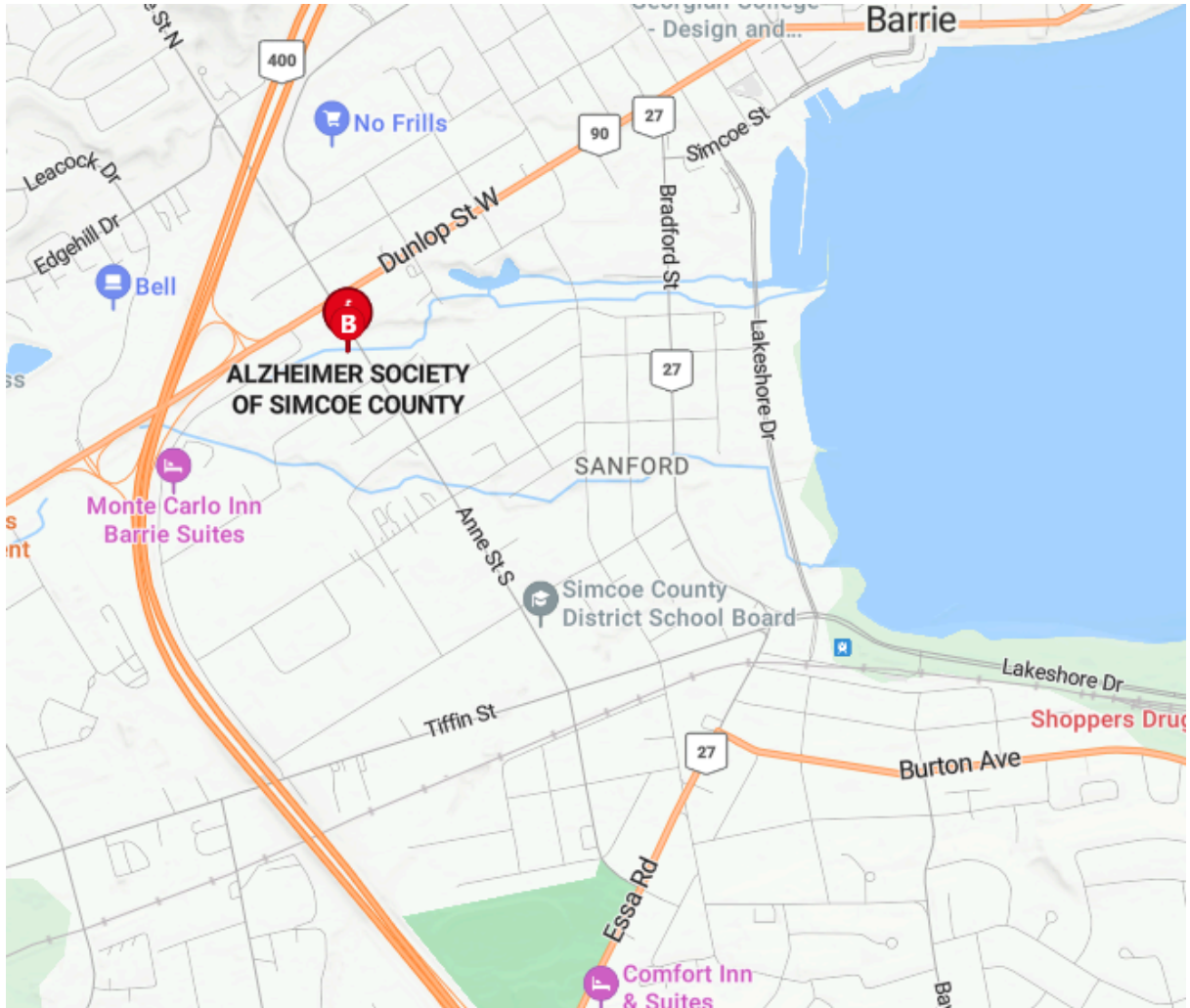
Email: volunteer@alzheimersociety.ca or call 705-722-1066 ext. 230

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