



Alzheimer Society

SIMCOE COUNTY

Community Newsletter

May | 2025

IG Wealth Management Walk for Alzheimer's

We Walk Sunday May 25th

This is the month we've been waiting for! The IG Wealth Management Walk for Alzheimer's will be held at **Springwater Provincial Park** in partnership with Beausoleil First Nation.

Many teams and individuals come together to walk for someone they know who has lived a dementia journey. This year, we are hosting a special **Honour Path**, sponsored by Chartwell Retirement Residences, to highlight those we are keeping in our hearts at the event.

It is also our 40th Anniversary! Come celebrate with us and experience chair yoga, a zentangles art activity, and more! There's a kid zone with crafts, caricatures by Enrique, Domino's Pizza and Miss Ritchie's Kitchen food truck.

REGISTER NOW

Join us for the Walk!
Alzheimer Society
SIMCOE COUNTY

ROCK 95
107.5 KOOL FM
Barrie 360

Springwater
Provincial Park
Sunday, May 25,
2025

IG WEALTH MANAGEMENT
WALK FOR ALZHEIMER'S

support.alzheimer.ca/site/walk.for.someone.you.love



Meet Willa and Avery - our Event Summer Students ready to greet you at the walk and make sure you have a one of a kind experience!



Meet Enrique and get a caricature done as a memento of our walk and 40th Anniversary of the Society.



Come celebrate with us and share your story of why you walk. Meet long-time walker and supporter Matthew Vorstermans.

A highlight for this year's walk

Goldie's Gang celebrates their 25th anniversary of walking!

Ron and Sharon Allen will be celebrating their 25th anniversary of participating in the IG Wealth Management Walk for Alzheimer's with their family - the Goldie Gang. The family started the walk to honour Sharon's mom, Gramma Goldie. We are thankful for the Allens who have helped to raise over \$70,000 for our Society. Join us at the walk as we celebrate this inspiring milestone. Thank you Goldie's Gang!!



See the sponsors who have made this year's IG Wealth Management Walk for Alzheimer's possible

2025 Programs and Services

Our [Spring Programs and Services Guide](#) is available! Explore a wide range of program offerings designed to support people living with dementia and their care partners. If you are a new or existing client, looking to register for programming, contact Megan at: **705-722-1066 EXT 234**

[See Spring Guide
HERE](#)



Upcoming Program Dates

June 11 12-1PM
[Dementia 101](#)

Visit our website at
alzheimer.ca/simcoecounty



Keeping your brain healthy does not have to be boring! In fact, fun games- like KerPlunk- are great to involve the family and provide a mental health a boost too!

online on ZOOM
**Registration Required*

MUPLTIPLE DATES / LOCATIONS

Caregiver Support Group
Minds in Motion



Let's Get Cooking with Vince's Market



Cooking Up Connection: Vince's Launches Pilot Program for Dementia Caregivers

Vince's Market took a meaningful step toward supporting caregivers of those living with dementia by partnering with the Alzheimer Societies of York Region and Simcoe County on

a new pilot program. Held at their Sharon location Community Room, the **Let's Get Cooking** workshop brought together caregivers for an afternoon of nutrition, wellness, and social connection – hosted by none other than Chef Bev MacDonald, who informed, inspired, and entertained all who attended. This unique event was more than just a cooking class. It's part of a growing effort to help caregivers – who are often under immense physical and emotional strain – find moments of relief, connection, and support.

See the full story, plus recipes for lemon-baked chicken, summer salad and dessert!



What Clients said:

"Jenna is a breath of fresh air when she comes in the door. She worked hard to find topics and activities to interest my husband. She engaged him for the full 90 minutes and for me, gave me a glimpse of my husband's smile and twinkle in the eye that I rarely see. I can't stress enough what a difference Jenna has made to both my husband and myself. Thank you so much brightening our Fridays, never doubt the difference you make."

Staff spotlight: Jenna

I am one of the In-Home Recreation Coordinators. My role is to go into the homes of people living with dementia and visit with them. Visits consist of valuable recreation programming to engage the person living with dementia, providing the care partner with respite, while also assisting the care partner in finding activities that the client finds engaging. Activities are tailored to each individual's interests (past and present), and strengths. I am always so proud to tell people I work for the Alzheimer Society. It isn't often that you meet someone who has not been touched in some form in their life by the disease. It brings me great joy when the person living with dementia is not only comfortable but excited to be around me and to see what we will get up to during that visit.

"My wife and I want to thank you so much for your care and concern towards mom during the last few months. Your professionalism was awesome, but the decency you showed mom and the dignity that you gave her was super comforting for us all. Really appreciated."

Barrie Art Club Award

We are so very proud to have been the recipients of the **Barrie Art Club's Community Champion Award**, sponsored by Bill Le Boeuf Jewellers.

Our local Barrie Public Art Club members have been such an important part of our community and we are so grateful for their engagement and support to programs, fundraising and growing awareness of our local resources.



The Alzheimer Society was awarded the Barrie Art Club's Community Champion Award at their 75th Anniversary gala. Shown in the photo above left to right are Society staff: Jaime Grant, Community Development Manager and Ann-Marie Kungl, Chief Executive Officer.

The Barrie Art Club has been in operation for 75 years and we are so very grateful to work and learn alongside them as they create the culture that shapes our past, present and future.

With over 240 members in the club, there is a wealth of knowledge for anyone interested in getting involved! More great things to come through this partnership and we encourage you to get to know them and visit some of their workshops and exhibits. Find out more through the [The Barrie Art Club Website](#)

Handmade Jewellery

For a special gift for a loved one or ASSC supporter, we are selling some jewellery- just in time for spring. Bracelets are handmade to help raise funds for programs and initiatives of the society, and are available for \$10. The Gold Plated Earrings are \$30 and Necklaces are \$50 - and both have actual forget me not flowers inside. Broaches are \$30.



Supporting the
Alzheimer Society
FORGET ME NOT
JEWELLERY

Thank you!

Volunteer Recognition

Once again, we acknowledge the dedication and support of some beloved volunteers in our community. This month, we want to say a special thank you to Don Saunders. As a professional performer, Don often lends his beautiful voice to Society events, fundraisers, Minds in Motion® social programming and recently charmed us on the dance floor with CTV Barrie's Sarah Freemark.

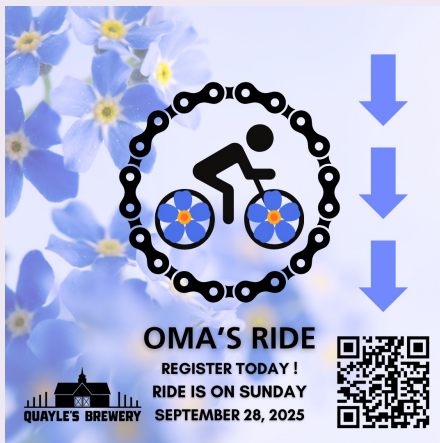


One of the Barrie Public Art Club's members has been a significant collaborator on integrating artists into our events. We cherish Diane FitzGerald, owner of **Diane FitzGerald Art**, who has been champion of the arts and coordinated bringing plein air painters to our Oma's Ride event at Quayle's Brewery last fall. You may have seen her one of a kind special vinyl sticker of forget-me-not flowers available at our events.



[Learn more about volunteering with us!](#)

Registration is Open - Oma's Ride 2025



Join Us for Oma's Ride

Join us on Sunday, September 28, for another incredible bike ride starting at Quayle's Brewery. Enjoy cycling through the beautiful scenery of Simcoe County with 20, 50 and 100km road routes to choose from. We hope you will be one of our 200 riders or come to cheer on participants raising funds for our social recreation programming. Register now to secure your spot—we look forward to seeing you there!

[REGISTER HERE](#)

Research in the News

A new CBC story shares 17 modifiable risk factors that can decrease risk of stroke, dementia and more. This new research, [published in](#) the Journal of Neurology,

Neurosurgery & Psychiatry, looked at data from 59 studies published between 2000 and 2023 to create the list of risk factors.

[Learn more about the CBC piece on lowering your risk factors](#)

BRAIN GAME

Challenge yourself to come up with a variety of words that start with B!

**Try to think of at least 3 words for each category starting
with the letter B**

(Don't worry if you don't get them all,
it's just for fun)

Example: A hobby, baking, basket ball, board games

A girls name

A boy's name

An animal

Someting edible

Something you drink

Something you wear

A song title

A flower or tree

A profession

A placename in the US

Something you find in a house

Written by:

From mariasplace.com



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