

Fall Programs & Services Guide

OCTOBER - DECEMBER 2024



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>



[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 - WALK-INS WELCOMED

BARRIE: 20 ANNE STREET SOUTH

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



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	Dementia Friendly Communities.....	8
For Care People Living with MCI			
Learning the Ropes.....			9
For People Living with Dementia			
First Steps.....			10
For Care Partners			
Next Steps.....	11	3Ds of Dementia.....	11
Care Essentials / On-Demand			12
U-First! for Care Partners.....	13	Supporting Communication	13
Options for Care.....	14	Ambiguous Loss & Grief	14
Preparing for the Holidays.....			15
SUPPORT SERVICES			
Enhancing Care - TEACH	18	Enhancing Care - CARERS.....	19
In-Person Support Groups.....	20	Online Support Groups.....	21
SOCIAL & RECREATIONAL PROGRAMS			
Minds in Motion.....	22	Creative Spark	23
Music Project	24	In Home Recreation	25
December Social - Drop-In			26
UPCOMING EVENTS			27

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

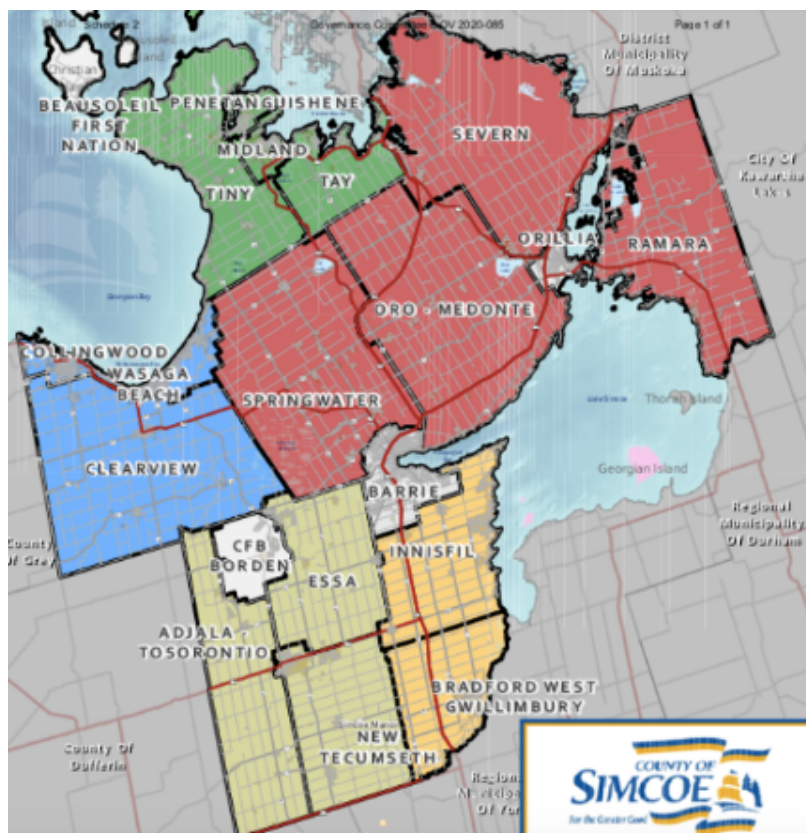
AND have a connection to this region (e.g., you or the person you are supporting lives in Simcoe County).

Some programs have additional eligibility criteria

Service Area

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

- 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 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

This presentation provides general knowledge and awareness about a variety of dementias, communication tips, as well as ASSC 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 Oct 24	10am- 12pm	Alyssa Pereira 705-722-1066 ext. 226
Online		Tuesday Dec 10	6pm - 8pm	Nicole Schneider 705-722-1066 ext. 229

Dementia Friendly Communities (DFC)

A Dementia Friendly Community is a place where people living with dementia and their care partners are welcomed, included and supported. During this session you will learn about: (1) what dementia is, including the signs and symptoms; (2) how to engage and communicate with someone living with dementia; (3) how to support a person living with dementia who is lost or confused; and (4) dementia friendly design considerations.

Format	Location	Date	Time	Contact to Register
In-Person	Barrie Alzheimer Society Office 20 Anne St S	Thursday Oct 10	10am- 12pm	Nicole Schneider 705-722-1066 ext. 229
Online		Thursday Nov 14	10am - 12pm	Alyssa Pereira 705-722-1066 ext. 226

EDUCATION PROGRAMS

for Persons Living with MCI & Care Partners

Learning the Ropes



Learning the Ropes for Living with MCI®, run in collaboration with North Simcoe Muskoka Specialized Geriatric Services, is a 7-week program that supports people living with mild cognitive impairment (MCI) and their family members/friends. The program focuses on optimizing brain health through memory training, lifestyle choices, and family and social support.

Program Eligibility:

- MCI Diagnosis OR Memory Concern
- Must be independent with Activities of Daily Living (ADLs) and Instrumental Activities of Daily Living (IADLs)
- No dementia diagnosis

Format	Location	Dates	Time	Contact to Register
In-Person	Barrie Alzheimer Society Office 20 Anne St S	Friday Nov 8 Friday Nov 15 Friday Nov 22 Friday Nov 29 Friday Dec 6 Friday Dec 13 Follow up session: Friday Jan 10	1pm - 3pm	Nicole Schneider 705-722-1066 ext. 229




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. It serves as an opportunity to learn more about symptoms, adapting to changes, strategies and planning ahead.

Format	Location	Dates	Time	Contact to Register
In-Person	Collingwood Collingwood Public Library 55 Ste Marie St	Tuesday Oct 1 Tuesday Oct 8 Tuesday Oct 18 Tuesday Oct 22	2pm - 4pm	Nicole Schneider 705-722-1066 ext. 229
In-Person	Orillia Alzheimer Society Satellite Office 25 Museum Dr.	Tuesday Oct 22 Tuesday Oct 29 Tuesday Nov 5 Tuesday Nov 12	1pm-3pm	Alyssa Pereira 705-722-1066 ext. 226
Online		Wednesday Nov 27 Wednesday Dec 4 Wednesday Dec 11 Wednesday Dec 18	6pm - 8pm	Nicole Schneider 705-722-1066 ext. 229



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	Dates	Time	Contact to Register
In-Person	Alliston Matthew's House 131 Wellington St, E	Monday Nov 4 Monday Nov 11 Mon Nov 18	1pm - 3pm	Nicole Schneider 705-722-1066 ext. 229
In-Person	Barrie Alzheimer Society Office 20 Anne St S	Wednesday Oct 23 Wednesday Oct 30 Wednesday Nov 6	10am - 12pm	Alyssa Pereira 705-722-1066 ext. 226
Online		Thursday Nov 14 Thursday Nov 21 Thursday Nov 28	6pm - 8pm	Alyssa Pereira 705-722-1066 ext. 226

3D's 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	Barrie Alzheimer Society Office 20 Anne St S	Thursday Nov 14	1pm - 3pm	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 behaviours and supporting daily activities.

Format	Location	Dates	Time	Contact to Register
In-person	Wasaga Beach South Georgian Bay Community Health Centre 14 Ramblewood Dr #202	Thursday Nov 28 Thursday Dec 5 Thursday Dec 12	1:30pm - 3:30pm	Nicole Schneider 705-722-1066 ext. 229
In-Person	Barrie Alzheimer Society Office 20 Anne St S	Wednesday Dec 4 Wednesday Dec 11 Wednesday Dec 18	1pm - 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 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		Monday Nov 4 Monday Nov 18	7pm - 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 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	Dates	Time	Contact to Register
Online		Thursday Sept 26 Thursday Oct 3 Thursday Oct 10	1pm - 3pm	Nicole Schneider 705-722-1066 ext. 229
Online		Monday Dec 2 Monday Dec 9 Monday Dec 16	1:30pm - 3:30pm	Alyssa Pereira 705-722-1066 ext. 226

Supporting Communication

This education session discusses how to communicate with a person living with dementia - verbal, non-verbal, how to address situations, etc. The focus is on understanding how dementia impacts communication and what strategies can be used to improve communication.

Format	Location	Date	Time	Contact to Register
In-Person	Midland Midland Public Library 320 King St	Tuesday Dec 3	10am - 11am	Alyssa Pereira 705-722-1066 ext. 226


EDUCATION PROGRAMS

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		Tues Nov 5 Tues Nov 12 Tues Nov 19	11am - 1pm	Nicole Schneider 705-722-1066 ext. 229

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 throughout at all stages in the dementia caregiving journey.

Format	Location	Date	Time	Contact to Register
In-Person	Alliston Matthew's House 131 Wellington St, E	Wednesday Nov 13	10am - 12pm	Nicole Schneider 705-722-1066 ext. 229
Online		Thursday Dec 5	6pm - 8pm	Alyssa Pereira 705-722-1066 ext. 226


EDUCATION PROGRAMS

for Care Partners



Preparing for the Holidays

This session is for care partners and friends of people living with dementia to learn helpful tips on how to prepare for the holiday season! Topics covered include considerations for gatherings, individuals living in long term care, and gift giving ideas.

Format	Location	Date	Time	Contact to Register
Online		Tuesday Nov 19	6pm - 8pm	Alyssa Pereira 705-722-1066 ext. 226



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. 233 to get connected.
- **Health partner referrals** – Refer directly to the program using the [ASSC First Link Referral Form](#).

Program registration is required to participate.

WHO FACILITATES THE PROGRAM?



KELLY HUTTON, RSW



705-722-1066 EXT. 233



**KHUTTON@ALZHEIMER
SOCIETY.CA**

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		Wednesday Oct 23 Wednesday Oct 30 Wednesday Nov 6 Wednesday Nov 13	1pm - 2:30pm	Kelly Hutton 705-722-1066 ext. 233
In-Person	Barrie Alzheimer Society Office 20 Anne St S	Wednesday Nov 20 Wednesday Nov 27 Wednesday Dec 4 Wednesday Dec 11	10:30am - 12pm	Kelly Hutton 705-722-1066 ext. 233
In-Person	Alliston Matthew's House 131 Wellington St, E	Thursday Oct 31 Thursday Nov 7 Thursday Nov 14 Thursday Nov 21	10am - 11:30am	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	Dates	Time	Contact to Register
Online		Tuesday Oct 22 Tuesday Oct 29 Tuesday Nov 5 Tuesday Nov 12 Tuesday Nov 19 Tuesday Nov 26 Tuesday Dec 3 Tuesday Dec 10	10am - 12pm	Kelly Hutton 705-722-1066 ext. 233

"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	Oct 21 Nov 18 Dec 16	10-11:30am	Shiju Joseph 705-722-1066 ext. 223
Barrie Alzheimer Society Office 20 Anne St S	3rd Tuesday	Oct 15 Nov 19 Dec 17	10-11:30am	Lindsey Patterson lpatterson@alzheimer society.ca
Bradford Elden Retirement Home 3131 8th Line	3rd Tuesday	Oct 15 Nov 19 Dec 17	10-11:30am	Shiju Joseph 705-722-1066 ext. 223
Innisfil Innisfil Public Library 967 Innisfil Beach Rd	3rd Thursday	Oct 17 Nov 21 Dec 19	1:30-3pm	Shiju Joseph 705-722-1066 ext. 223
Orillia Leacock Care Centre 25 Museum Dr	1st Wednesday	Oct 2 Nov 6 Dec 4	1-2:30pm	Susan Nagy 705-329-0909 ext. 3803
Orillia Leacock Care Center 25 Museum Dr	3rd Thursday	Oct 17 Nov 21 Dec 19	7-8:30pm	Susan Nagy 705-329-0909 ext. 3803

SUPPORT SERVICES

Support Group



IN-PERSON CONTINUED

Location	Day	Dates	Time	Contact to Register
Penetanguishene Bayfield House 5 Beck Blvd <i>*Tentative</i>	Last Wednesday	Oct 30 Nov 27 Dec 18	1-2:30pm	ASSC Main Office 705-722-1066 ext. 221
Wasaga Beach United Church 380 Zoo Park Rd	1st Wednesday	Oct 2 Nov 6 Dec 4	10-11:30am	Melissa Martinson mmartinson@alzheimersociety.ca

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	Oct 1 Nov 5 Dec 3	7pm - 8:30pm	Lindsey Patterson lpatterson@alzheimer society.ca
	2nd Wednesday	Oct 9 Nov 13 Dec 11	10- 11:30am	ASSC Main Office 705-722-1066 ext. 221

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	Orillia Leacock Care Centre 25 Museum Dr	Mon Sept 9 Mon Sept 16 Mon Sept 23 Mon Sept 30	Mon Oct 7 Mon Oct 21 Mon Oct 28 Mon Nov 4	10am - 12pm	Kennedy Capson 705-722-1066 ext. 232 kcapson@alzheimer society.ca
In-person	Barrie Allandale Recreation Centre 190 Bayview Dr	Tues Sept 3 Tues Sept 10 Tues Sept 17 Tues Sept 24	Tues Oct 1 Tues Oct 8 Tues Oct 15 Tues Oct 22	1pm - 3pm	
In-person	Barrie Parkview Community Centre 189 Blake St	Wed Sept 4 Wed Sept 11 Wed Sept 18 Wed Sept 25	Wed Oct 2 Wed Oct 9 Wed Oct 16 Wed Oct 23	10am - 12pm	

SOCIAL/RECREATION PROGRAMS

CREATIVE SPARK

Creative Spark is a six-week art program offered in partnership with local gallery, MacLaren Art Centre - designed for people living with early stage dementia and their care partners. This program engages participants in a variety of artistic projects and provides the opportunity for self expression and connection with others. There is no cost to participate, but registration is required.

Location	Dates	Time	Contact to Register
Barrie MacLaren Art Centre 37 Mulcaster St	Thursday Sept 19 Thursday Sept 26 Thursday Oct 10 Thursday Oct 17 Thursday Oct 24	1pm - 3pm	Kennedy Capson 705-722-1066 ext. 232 kcapson@alzheimersociety.ca
	Thursday Oct 31 Thursday Nov 7 Thursday Nov 14 Thursday Nov 21 Thursday Nov 28	1pm - 3pm	

Final Art Show

Thursday November 28, 3pm - 4pm



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 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

Alzheimer Society
SIMCOE COUNTY

**It's not too early to HOLD THE DATE
For our December Social Drop-ins!**

To Our CLIENTS & VOLUNTEERS
Please look to join us for our Winter Holiday Social drop-ins
the Week of December 15th, 2024!

Dates, times and locations to come. Email Jenna if you want more information.
We are planning socials in Collingwood, Orillia, Barrie, and Midland.

Join us for socializing, festive craft &
games, light refreshments, and
holiday sing-a-long!

Email: jlamantia@alzheimersociety.ca
to pre-register



New Event!



Barrie Colts
Foundation

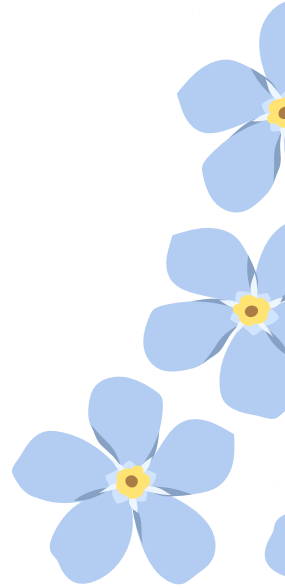
BARRIETODAY.com



OMA'S RIDE

We are thrilled to host our first cycling fundraiser on Sunday Sept. 29th called Oma's Ride. This event was made possible through Title Sponsor, the Barrie Colts Foundation, media sponsor BarrieToday.com and host partner, Quayle's Brewery. Donations support social recreation programming.

We hope this will be an annual event and get more details through our website:
<https://alzheimer.ca/simcoecounty/>



KEY DATES

Saturday September 21: World Alzheimer's Day

Sunday September 29: OMA's Ride

December 15 - December 21: Social Drop-Ins

January 2025: Alzheimer's Awareness Month

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



Sign up for our newsletter here!



ARE YOU A BUSINESS OR ORGANIZATION WITHIN SIMCOE COUNTY?

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



DEMENTIA
FRIENDLY
COMMUNITIES

ONTARIO



**TOGETHER, WE CAN BUILD DEMENTIA
FRIENDLY COMMUNITIES**

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](#).

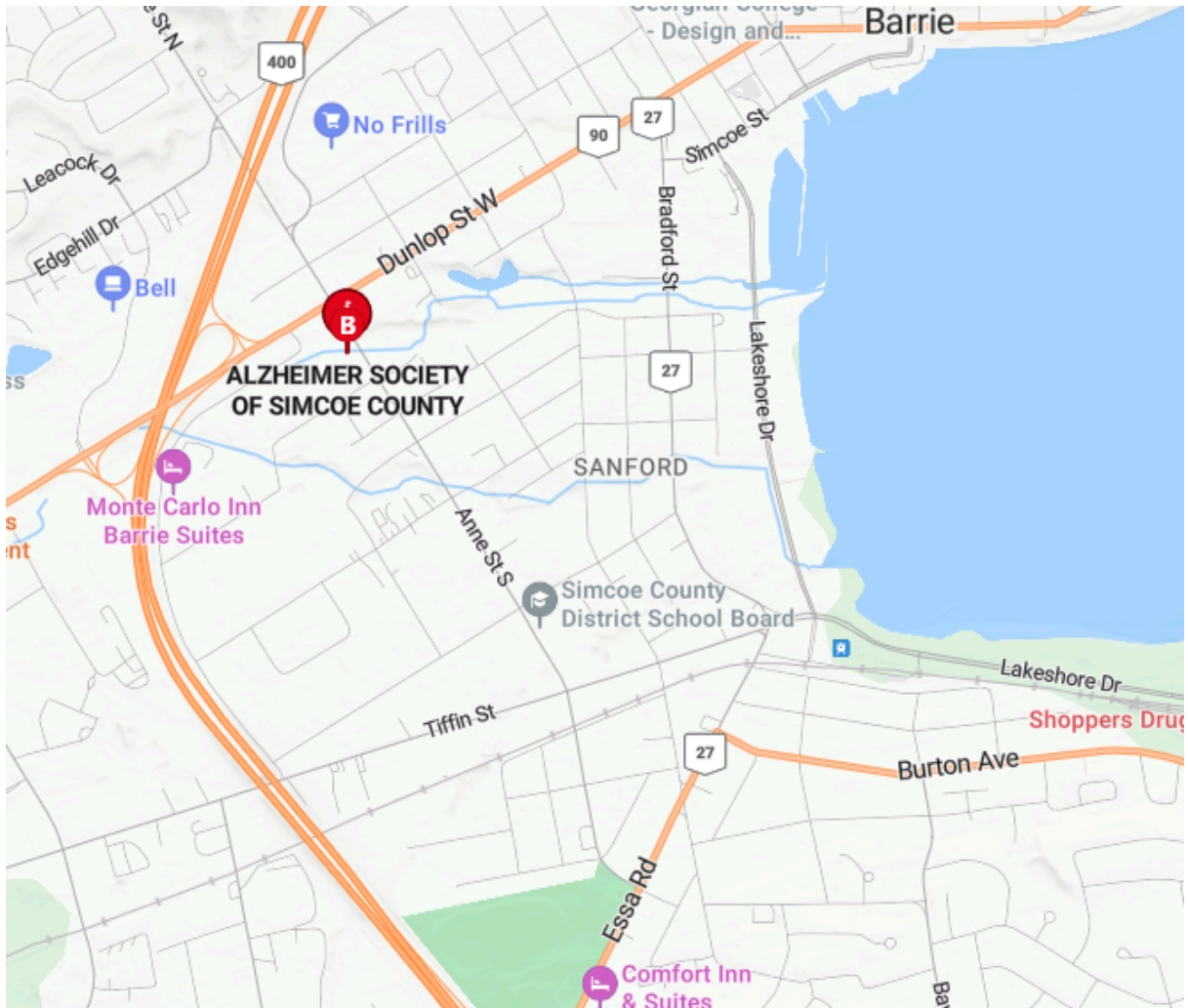
Email: volunteer@alzheimersociety.ca or call 705-722-1066 ext. 230

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