

Société Alzheimer Society

SUDBURY-MANITOULIN NORTH BAY & DISTRICTS



GUIDE TO OUR PROGRAMS & SERVICES

JANUARY - FEBRUARY - MARCH

**WINTER
2025**

CONTENTS

WHAT IS IN OUR GUIDE

WELCOME

Who we are	1
Contact information	1
Social Media	1

PROGRAMS AND SERVICES

Programs and Services List	2
----------------------------------	---

EDUCATION

Learning Series	4
In-house presentations	7

SUPPORT GROUPS

For Care Partners	8
Coffee Club for Persons living with dementia and care partner	10
For Care Partners with Loved ones in Hospital or LTC	11

HEALTH PROMOTION

Minds in Motion	12
Virtual Exercise and Game	13
Music Project	14

WELCOME

At the Alzheimer Society of Sudbury-Manitoulin, North Bay & Districts, our dedicated staff and volunteers are committed to delivering the highest quality programs and services.

These are designed to support persons living with dementia and their care partners, enabling them to thrive within their community. Our programs and services are available to people of all ages affected by dementia, as well as to care partners, families, friends and all those who are providing support.

In addition, we offer various awareness programs open to the general public. If you have any questions after reviewing this guide, please don't hesitate to contact us.

CONTACT US



Sudbury Office

Address: 960B Notre Dame Ave. Sudbury, ON P3A 2T4
Telephone: (705) 560-0603 or Toll-free : (800) 407-6369
Fax: (705) 560-6938
Email: info@alzheimersudbury.ca
Website: www.alzheimersudbury.ca
Operating Hours: Monday to Friday, 8:30 a.m. - 4:30 p.m



North Bay Office

Address: 140 King St. W. North Bay, ON P1B 5Z7
Telephone: (705) 495-4342 or Toll-free : (800) 407-6369
Fax: (705) 495-0329
Email: info@alzheimernorthbay.com
Website: www.alzheimernorthbay.com
Operating Hours: Monday to Friday, 8:30 a.m. - 4:30 p.m

SOCIAL MEDIA



[Facebook.com/alzheimersmnbd](https://www.facebook.com/alzheimersmnbd)



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



[Linkedin.com/company/sassmnbd](https://www.linkedin.com/company/sassmnbd)



[Youtube.com/@societealzheimersociety2717](https://www.youtube.com/@societealzheimersociety2717)

PROGRAMS & SERVICES

First Link® Care Navigation

First Link® Care Navigation connects you with essential health and support services from the time of diagnosis throughout the entire progression of the disease. If interested, please contact us to complete a referral form. If you are already a client, please speak to your First Link® Care Navigator.

Eligibility: Persons living with dementia or their care partners.

Cognitive Assessments

Cognitive assessments are conducted by regulated professionals, either in your home or at our office.

The results are then shared with your healthcare provider for further guidance.

Eligibility: A referral from your primary physician or nurse practitioner is required.

Public Education

Our Public Education initiatives are entirely free of charge, offering a wide range of opportunities including informative presentations, comprehensive trainings, immersive simulations, and educational booths. To request an educational session, please contact us for an education request form .

Dementia Learning Series

This 4-week educational series is designed for those interested in learning more about dementia, effective communication strategies, behavioural changes, and more. For a list of available groups, please refer to pages 3 to 5 of this guide.

Support Groups

Our support groups provide a platform for families and individuals living with dementia to share personal experiences, expand their social network, and enhance feelings of self-worth and control. For a detailed list of our support groups, see pages 7 to 10 of this guide.

PROGRAMS & SERVICES

Health Promotion Programs

We offer a variety of health promotion programs within the community that support physical, cognitive, and emotional well-being for individuals living with dementia and their care partners.

To learn more about our health promotion programs, refer to pages 11 to 14 of this guide.

Adult Day Programs

Our Adult Day Programs provide a welcoming and secure environment for persons living with dementia, fostering compassion, a sense of security, and opportunities to embrace life while preserving dignity.

Locations: Sudbury | North Bay | Sturgeon Falls | Espanola | Powassan

If interested, please contact us to complete a referral form. If you are already a client, please speak to your First Link® Care Navigator.

In-Home Activation Programs

Our In-Home Activation programs are designed to support persons living with dementia by encouraging personal interests and recreational activities within the comfort of their own home.

If interested, please contact us to complete a referral form. If you are already a client, please speak to your First Link® Care Navigator.


Enhancing Care for Ontario Care Partners Program

In collaboration with the Sinai Health System Reitman Centre, the Enhancing Care (EC) Program provides therapeutic skills training to family members or unpaid care partners of persons living with dementia. This program offers practical skill-building and emotional support to help care partners manage the stresses and complexities of caregiving.



EDUCATION DEMENTIA LEARNING SERIES

This free 4-week dementia learning series is designed for care partners and persons wanting to learn more about dementia. It provides a comprehensive overview of dementia, communication strategies, responding to behaviour changes and support services to help along the journey.

 To **register** for any of the following groups, please contact us via email at **education@alzheimersudbury.ca** or call us at **705-560-0603**. Please provide your name, phone number, email address, and specify the group (and location) you wish to register for.

SUDBURY | IN-PERSON

January Dementia Learning Series - Afternoon

January 8, 15, 22 & 29 (Wednesdays)

1:00pm to 3:00pm

Alzheimer Society, 960B Notre Dame Ave, Sudbury

February Dementia Learning Series - Morning

February 6, 13, 20, & 27 (Thursdays)

10:00am to 12:00pm

Alzheimer Society, 960B Notre Dame Ave, Sudbury

March Dementia Learning Series - Evening

March 5, 12, 19 & 26 (Wednesdays)

6:00pm to 8:00pm

Alzheimer Society, 960B Notre Dame Ave, Sudbury





EDUCATION DEMENTIA LEARNING SERIES

NORTH BAY | IN-PERSON

January Dementia Learning Series - Morning

January 8, 15, 22 & 29 (Wednesdays)

10:00am to 12:00pm

The Empire - 425 Fraser St, North Bay, ON P1B 3X1

February Dementia Learning Series - Evening

February 5, 12, 19 & 26 (Wednesdays)

6:00pm to 8:00pm

The Village - 100 College Dr. North Bay

POWASSAN | IN-PERSON

March Dementia Learning Series - Morning

March 3, 17, 24 & 31 (Mondays)

10:00am to 12:00pm

250 Clark St. Powassan

ALL SITES | VIRTUAL

January Dementia Learning Series

January 7, 14, 21 & 28 (Tuesdays)

6:00pm - 8:00pm

Zoom - Link Provided upon registration

**INTERESTED IN HOSTING AN EDUCATION SESSION AT YOUR LOCATION?
CONTACT OUR EDUCATION TEAM**

education@alzheimersudbury.ca

Sudbury: 705-560-0603

North Bay 705-495-4342



EDUCATION DEMENTIA LEARNING SERIES

 **HANMER | IN-PERSON**

February Dementia Learning Series - **in French**

February 5, 12, 19 and 26 (Wednesdays)

1:30pm to 3:30pm

Centre de Santé - 688 Emily road, Hanmer



RENCONTRES ÉDUCATIVES SUR LA DÉMENCE

Les mercredis - 5, 12, 19 et 26 février 2025
au site de Vallée-Est (688, rue Emily) de 13h30 à 15h30

*Atelier de 4 sessions pour toute personne qui veut en apprendre
sur la démence. Un partenariat avec la Société Alzheimer.*

Société **Alzheimer** *Society*




Centre de
santé communautaire
du Grand Sudbury



EDUCATION IN-HOUSE PRESENTATIONS

Join us on the following dates for free in-house presentations on a variety of topics such as an introduction to dementia, communication strategies, brain and behaviour, our programs and services and more.

 To **register** for any of the following presentations, please contact us via email at education@alzheimersudbury.ca or call us at **705-560-0603**. Please provide your name, phone number, email address, and specify the presentation (and location) you wish to register for.

SUDBURY | IN-PERSON

Introduction to Dementia & Communication

Thursday, January 9, 2025

1:00pm to 2:00pm

Alzheimer Society, 960B Notre Dame Ave, Sudbury

Brain and Behaviour

Thursday, January 16, 2025

1:00pm to 2:00pm

Alzheimer Society, 960B Notre Dame Ave, Sudbury

NORTH BAY | IN-PERSON

Introduction to Dementia & Communication

Monday, January 13th, 2025

10:30am to 11:30am


Alzheimer Society, 140 King Street West, North Bay



SUPPORT GROUPS

CARE PARTNER SUPPORT GROUPS

Tailored specifically for care partners and families, these groups provide a space to connect with others navigating the complexities of the dementia journey. These gatherings serve as valuable platforms for sharing experiences, offering mutual support, and collectively learning from the diverse perspectives within our community.

 To **register** for any of the following groups, please contact us via email at **education@alzheimersudbury.ca** or call us at **705-560-0603**. Please provide your name, phone number, email address, and specify the group (and location) you wish to register for.

*The star symbol indicates that some session dates have been adjusted to account for holidays and special events.

SUDBURY | IN-PERSON

Care Partner Support Group 1 - Daytime

2nd Tuesday of every month: January 14, February 11 & March 11

10:00am to 12:00pm

Alzheimer Society, 960B Notre Dame Avenue, Sudbury

Care Partner Support Group 2 - Evening

Last Thursday of every month: January 30, February 27 & March 27

6:00pm to 8:00pm

Alzheimer Society, 960B Notre Dame Avenue, Sudbury

NORTH BAY | IN-PERSON

Care Partner Support Group 1 - Daytime

1st Wednesday of every month: *January 8, February 5 & March 5

1:30pm to 3:00pm

Alzheimer Society, 140 King Street West, North Bay

Care Partner Support Group 2 - Evening

4th Thursday of every month: *January 30, February 27 & March 27

6:00pm to 7:30pm

Alzheimer Society, 140 King Street West, North Bay



SUPPORT GROUPS

CARE PARTNER SUPPORT GROUPS

*The star symbol indicates that some session dates have been adjusted to account for holidays and special events.

STURGEON FALLS | IN-PERSON

Care Partner Support Group 1- English

2nd Friday of every month: January 10, February 14 & March 14

10:00am to 12:00pm

WNCHC, 68 Michaud Street, Sturgeon Falls

Care Partner Support Group 2- French

Last Friday of every month: January 31, February 28 & March 28

10:00am to 12:00pm

WNCHC, 68 Michaud Street, Sturgeon Falls

POWASSAN | IN-PERSON

Care Partner Support Group - Daytime

4th Tuesday of every month: *January 21, February 25 & March 25

10:00am to 11:30am

Powassan & Area Family Health Team, 507 Main Street, Powassan

MATTAWA | IN-PERSON

Care Partner Support Group - Daytime

2nd Tuesday of every month: January 14, February 11 & March 11

10:00am to 11:30am

Mattawa Hospital, 217 Turcotte Park Rd., Downstairs Meeting Room

VIRTUAL | ZOOM PLATFORM

Virtual Care Partner Support Group

2nd Wednesday of every month: *January 15, February 12 & March 12

2:00pm to 4:00pm


Video Call - Enter the following URL → <https://us02web.zoom.us/j/81884018385>



SUPPORT GROUPS

COFFEE CLUB SUPPORT GROUPS

Created for persons living with dementia (PLWD), their care partners and families. In the initial segment of the support group, participants come together for shared discussions. However, the second half of the session is dedicated to separate meetings for care partners and PLWD. This unique format allows for focused conversations where care partners and PLWD can openly express their feelings, share triumphs, and discuss challenges on an individual basis.

 To **register** for any of the following groups, please contact us via email at **education@alzheimersudbury.ca** or call us at **705-560-0603**. Please provide your name, phone number, email address, and specify the group (and location) you wish to register for.

SUDBURY | IN-PERSON

Coffee Club Support Group - Evening

3rd Thursday of every month: January 16, February 20 & March 20

6:00pm to 8:00pm

Alzheimer Society, 960B Notre Dame Avenue, Sudbury

NORTH BAY | IN-PERSON

Coffee Club Support Group 1 - Morning

3rd Monday of every month: January 20, *February 24 & March 17

9:00am to 10:30am

Alzheimer Society, 140 King Street West, North Bay

Coffee Club Support Group 2 - Evening

3rd Wednesday of every month: *January 22, *February 27 & March 19

6:00pm to 7:30pm


Alzheimer Society, 140 King Street West, North Bay



SUPPORT GROUPS

HOSPITAL & LTC CARE PARTNER SUPPORT GROUPS

Designed for care partners, family members, and friends who have a loved one in the hospital or long-term care (LTC) settings. It provides a dedicated space to navigate the unique challenges and celebrate the triumphs of caring for someone in these environments. Participants can openly discuss their experiences, share valuable insights, and find mutual support from others who understand the complexities of hospital and LTC caregiving.

 To **register** for any of the following groups, please contact us via email at **education@alzheimersudbury.ca** or call us at **705-560-0603**. Please provide your name, phone number, email address, and specify the group (and location) you wish to register for.

NORTH BAY | IN-PERSON

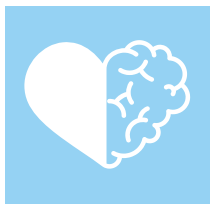
Hospital & LTC Care Partner Support Group

1st Thursday of every month: *January 9, February 6 & March 6

10:00am to 11:30am

Alzheimer Society, 140 King Street West, North Bay






HEALTH PROMOTION PROGRAMS

MINDS IN MOTION

Minds in Motion® is an 8-week program that combines gentle physical activity with social and cognitive stimulation for people living with dementia and their care partners. Each two-hour weekly session offers a chance to stay active, engage in fun activities, and build connections with others facing similar challenges.

 To **register** for any of the following groups, please contact us via email at **healthpromotion@alzheimersudbury.ca** or call us at **705-560-0603**. Please provide your name, phone number, email address, and specify the group (and location) you wish to register for.

*The star symbol indicates that some session dates have been adjusted to account for holidays and special events.

SUDBURY | IN-PERSON

Minds in Motion - Parkside - Group 1

January 9, 16, 23, 30, February 6, 13, 20, 27 (Thursdays)

2:30pm to 4:30pm

Parkside Older Adult Centre, 140 Durham St, Sudbury

Minds in Motion - Minnow Lake - Group 1

January 6, 13, 20, 27, February 3, 10, 24 (Mondays)

2:00pm to 4:00pm

Royal Canadian Legion, 1553 Weller St, Sudbury

Minds in Motion - Parkside - Group 2

March 6, 13, 20, 27, April 3, 10, 17, 24 (Thursdays)

2:30pm to 4:30pm

Parkside Older Adult Centre, 140 Durham St, Sudbury

Minds in Motion - Minnow Lake - Group 2

March 3, 10, 17, 24, 31, April 7, 14 (Mondays)

2:00pm to 4:00pm

Royal Canadian Legion, 1553 Weller St, Sudbury



HEALTH PROMOTION PROGRAMS

MINDS IN MOTION

NORTH BAY | IN-PERSON

Minds in Motion - The Village - Afternoon Group 1

January 16, 23, 30, February 6, 13, 20, 27 & March 6 (Thursdays)

2:30pm to 4:30pm

The Village, 100 College Dr. North Bay

Minds in Motion - The Village - Morning Group 1

February 4, 11, 18, 25 March 4, 11, 18 & 25 (Tuesdays)

9:00am - 11:00am

The Village, 100 College Dr. North Bay

Minds in Motion - The Village - Afternoon Group 2

March 13, 20, 27, April 3, 10, 17, 24 & May 1 (Thursdays)

2:30pm to 4:30pm

The Village, 100 College Dr. North Bay



HEALTH PROMOTION PROGRAMS

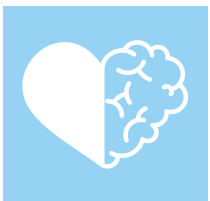
EXERCISE & GAME TIME

VIRTUAL | ZOOM PLATFORM

Every Tuesday

1:30pm to 2:30pm

Video Call - Enter the following URL → <https://us02web.zoom.us/j/7290539028>



HEALTH PROMOTION PROGRAMS

THE MUSIC PROJECT



THE MUSIC PROJECT

The Music Project offers personalized music players to our clients and community members living with dementia.

This program helps reconnect them with the soundtrack of their lives by providing MP3 players loaded with personalized music tailored specifically for those living with dementia or other cognitive impairments.

Each music player is shipped directly to their doorstep, making it easy and accessible for everyone.

To learn more about eligibility criteria, please visit musicproject.ca or speak with your First Link Care Navigator.

Société Alzheimer Society

SUDBURY-MANITOULIN NORTH BAY & DISTRICTS

*Empower persons living with dementia and their care partners
to access essential programs and services offered by the
Alzheimer's Society of Sudbury-Manitoulin North Bay & Districts.
Scan the QR code below to donate today!*



Learn more at
www.alzheimersudbury.ca