

Public Education for January – March 2025

(please note: our offices are closed on January 1st & February 17th)

Virtual Education Programs – Open to All Areas				
Program Name	Program Description	Dates	Time	How To Register
Getting Started <i>Open to the public</i>	This session is open to everyone. It provides an overview of dementia and is for people who are at the beginning of a dementia journey; whether newly diagnosed or new to learning about dementia. It is also an opportunity to learn about the programs and services provided by the Alzheimer Society.	January 27 th	6:30pm-8:00pm	Click Here
		February 24 th	1:30pm-3:00pm	Click Here
		March 31 st	6:30pm-8:00pm	Click Here
Dementia Education Series <i>Open to the public</i>	A 4-part series designed for families and friends of persons living with early-stage dementia, or who are new to education and ready to learn more about dementia.	January 7 th , 9 th , 14 th & 16 th	6:30pm-8:30pm	Click Here
		February 7 th , 14 th , 21 st , 28 th	1:30pm-3:30pm	Click Here
		March 6 th , 13 th , 20 th , 27 th	6:30pm-8:30pm	Click Here

**For more information
and to register:**

1-800-565-4614

help@alzda.ca

<p>First Steps <i>Open to registered clients. Program is for persons with early-stage dementia and their care partner</i></p>	<p>A 4-part series which encourages persons living with early-stage dementia and their care partner to meet others, develop communication strategies and gain knowledge in a positive dementia friendly environment.</p>	<p>February 6th, 13th, 20th & 27th</p>	<p>1:30pm-3:30pm</p>	<p>☎ Katharine 1-800-565-4614 Ext. 211</p>
<p>Middle Stages <i>Open to registered clients. Program is for care partner of persons living with mid-stage dementia</i></p>	<p>A 4-part series designed for care partners which increases awareness of changes typical of middle stage. This series allows care partners to practice communication techniques and hands-on care tools and encourages care partners to explore stress coping strategies.</p>	<p>January 30th, February 6th, 13th & 27th</p>	<p>1:30pm-3:30pm</p>	<p>☎ Cait 1-800-565-4614 Ext. 314</p>
<p>Options for Care – Part 1: Progression & Creating a Plan <i>Open to registered clients. Program is for care partners who are supporting a person living with dementia at home.</i></p>	<p><i>Options for Care is a 3-part series – each part is delivered in 2 sessions.</i> Part 1 of Options for Care is designed for care partners who are supporting a person living with dementia in the home. This part of the series considers how changes in progression of dementia contribute to the need for more assistance, what types of assistance may be needed, and where to find support within the circle of care and in the community.</p>	<p>January 13th & 20th</p>	<p>1:30pm-3:30pm</p>	<p>☎ Madison 1-800-565-4614 Ext. 509</p>
<p>Care in the Later Stage</p>	<p>A 3-part series designed for care partners which focuses on preparing for the later stages</p>	<p>March 13th, 20th, & 27th</p>	<p>1:30pm-3:30pm</p>	<p>☎ Katharine</p>

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<p><i>Open to registered clients. Program is for care partner of persons living with late-stage dementia</i></p>	<p>of dementia, enhancing quality of life and self-care.</p>			<p>1-800-565-4614 Ext. 211</p>
<p style="text-align: center;">Focus on Communication <i>Open to the Public</i></p> <p><i>*This is a recurring series – you may unsubscribe at any time*</i></p>	<p>Topic: Understanding Responsive Behaviours Description: In collaboration with Andrew Amatiello of Behavioural Supports Ontario (BSO), participants will learn how brain changes associated with dementia cause changes in behaviour, what responsive behaviours mean, as well as strategies to navigate these behaviours.</p>	<p>Friday January 10th</p>	<p>11:00am-12:00pm</p>	<p>Click Here</p>
	<p>Topic: Hallucinations, Illusions & Delusions Description: Participants will learn about the changes in perception and understanding that result in these altered perceptions, and how to support the person with dementia through these changes.</p>	<p>Friday February 14th</p>		
	<p>Topic: Apathy Description: Participants will learn what apathy is, how it differs from depression, and communication strategies for supporting a person living with dementia who is experiencing apathy.</p>	<p>Friday March 14th</p>		

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<p style="text-align: center;">Toolbox Talks <i>Open to the Public</i></p> <p style="text-align: center;"><i>*This is a recurring series – you may unsubscribe at any time*</i></p>	<p>Topic: Sleep and Dementia Description: Participants will learn about changes in sleep patterns that a person living with dementia may experience, as well as sleep disturbances that care partners may experience. The session will also explore different approaches for enhancing sleep.</p>	Friday January 24 th	11:00am-12:00pm	Click Here
	<p>Topic: Pet Therapy Description: Participants will learn about the positive impact that pet therapy can have in dementia care.</p>	Friday February 28 th		
	<p>Topic: In the Kitchen: Involving the Person Living with Dementia Description: Participants will learn about the benefits of involving a person with dementia in the kitchen, from meal preparation, to baking, and more.</p>	Friday March 28 th		
<p style="text-align: center;">Dementia Information Sessions <i>Open to the Public</i></p>	<p>Topic: Alzheimer’s Disease Description: This session will provide participants with an overview of Alzheimer’s Disease and strategies to support the person living with Alzheimer’s Disease.</p>	January 17 th	11:00am-12:00pm	Click Here

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	<p>Topic: Wernicke-Korsakoff Syndrome Description: This session will provide participants with an overview of Wernicke-Korsakoff Syndrome and strategies to support the person living with Wernicke-Korsakoff Syndrome.</p>	February 21 st	11:00am-12:00pm	Click Here
	<p>Topic: Mild Cognitive Impairment (MCI) Description: This session will provide participants with an overview of Mild Cognitive Impairment (MCI) and strategies to support the person living with an MCI.</p>	March 21 st	11:00am-12:00pm	Click Here
<p>Finding Your Way <i>Open to the Public</i></p> <p><i>*This is a recurring series – you may unsubscribe at any time*</i></p>	<p>Topic: Creating Safe and Dementia-Friendly Physical Environments and spaces. Description: This presentation explores practical strategies for creating dementia-friendly spaces. Learn about key design principles that enhance safety, accessibility, and comfort, fostering supportive environments for individuals living with dementia. *This is a re-run of a previously presented session for those who have not yet attended. *</p>	January 27 th	10:00am-11:00am	Click Here
			3:30pm-4:30pm	Click Here
	<p>Topic: Managing the risk of going missing for persons living with dementia</p>	February 24 th	10:00am-11:00am	Click Here

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	<p>Description: This presentation offers an overview of dementia, distinctions between lost and missing individuals, common reasons people with dementia may go missing, and effective protocols and a great tool we provide for responding to such situations. *This is a re-run of a previously presented session for those who have not yet attended.*</p>		3:30pm-4:30pm	Click Here
	<p>Topic: Creating a Safe and Dementia-Friendly Home: Room-by-Room Guide for Caregivers</p>		10:00am-11:00am	Click here
	<p>Description: This presentation provides practical room-by-room tips for creating a safer, dementia-friendly home. Covering a range of potential safety concerns, it equips caregivers with adaptable strategies to support individuals as their needs and abilities change over time.</p>		3:30pm-4:30pm	Click Here

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Virtual Public Lectures & Other Specialty Education Sessions – Open to the Public				
Public Lecture: Cognitive Testing	Join Kathie Poitras, RPN, PRC, for an informative session about cognitive testing. We will discuss when and how to access cognitive testing, how cognitive testing is administered, and how to understand the results.	Monday, January 27 th	1:30pm-3:00pm	Click Here
Public Lecture: Victim Services Information Session Avoiding Scams & Staying Informed	Join us as Victim Services focuses on common phone and internet scams. Learn about fraudulent tax calls, phishing emails, romance scams and more. Learn how to recognize warning signs, protect yourself from falling victim and what to do if you suspect a scam. By staying informed and being vigilant, you can prevent scams and safeguard your personal information.	Wednesday February 12 th	2:00pm-3:00pm	Click Here
Public Lecture: Credits & Benefits Q&A Session with Service Canada & the CRA	Join us as Catherine from Service Canada & Khloe from the CRA answer some frequently asked questions about various federal benefits and credits. Tax season is right around the corner – join this session to be better prepared!	Tuesday March 11 th	10:30am- 12:00pm	Click Here

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In Person – Brant

Group	Description	Location	Date	Time	To Register
Hearing Loss & Brain Health	In collaboration with Sound Choice Hearing, this education session will provide research-based information about the link between hearing loss and brain health. Learn about mitigating this risk, and how the services offered by the Alzheimer Society and Sound Choice Hearing can support those experiencing brain changes.	Woodman Park Community Centre (491 Grey Street, Brantford)	Monday, March 3 rd	1:30pm- 3:00pm	☎ Madison 1-800-565-4614 Ext. 509
Drop-in Information & Education Session	This informal drop-in session is an opportunity to stop by and ask questions about brain changes, brain health, and other dementia-related topics.	County of Brant Public Library – Paris Branch (12 William Street, Paris)	Tuesday, March 25 th	1:00pm- 4:00pm	No registration required!

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In Person – Haldimand Norfolk

Group	Description	Location	Date	Time	To Register
Dementia Education Series	A 4-part series for families and friends of persons living with early-stage dementia, or who are new to education and ready to learn more about dementia.	H.A.C (42 Main St. S, Hagersville)	Tuesday January 7 th , 14 th , 21 st , 28 th	1:30pm- 3:30pm	☎ Madison 1-800-565-4614 Ext. 509
Understanding Responsive Behaviours	In this session, we will learn about how the brain changes associated with dementia can cause challenging behaviours. We will discuss what responsive behaviours mean, as well as strategies to navigate these behaviours.	Norview Lodge (44 Rob Blake Way, Simcoe)	Wednesday, January 8 th	4:00pm- 5:00pm	☎ Madison 1-800-565-4614 Ext. 509 or help@alzda.ca
Ambiguous Loss and Grief	This session explores the unique grief experienced by those caring for someone with dementia. Participants will learn strategies for coping with these emotions, navigating uncertainty, and accessing support.	Alzheimer Society Simcoe Office (645 Norfolk St. N., Simcoe)	Wednesday, January 29 th	1:30pm- 3:00pm	☎ Madison 1-800-565-4614 Ext. 509

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<p>Lunch & Learn: Alzheimer’s and Cognitive Impairment</p>	<p>As part of Alzheimer’s Awareness month, this interactive session will provide the opportunity to learn about Alzheimer’s Disease and other forms of cognitive impairment.</p>	<p>H.A.C (42 Main St. S, Hagersville)</p>	<p>Thursday, January 30th</p>	<p>11:30am- 12:30pm</p>	<p>☎ H.A.C 905-768-4488 or hac@alzda.ca</p>
<p>Brain Fit</p>	<p>In this session, we will learn about the risk factors for dementia and some ways to reduce your risk. Take away some simple brain exercises that you can do at home!</p>	<p>Dunnville Public Library (317 Chestnut St, Dunnville)</p>	<p>Tuesday, February 25th</p>	<p>2:00pm- 3:00pm</p>	<p>☎ Dunnville Public Library 289-674-0400</p>
<p>Victim Services Information Session: Avoiding Scams & Staying Informed</p>	<p>Join us as Victim Services focuses on common phone and internet scams. Learn about fraudulent tax calls, phishing emails, romance scams and more. Learn how to recognize warning signs, protect yourself from falling victim and what to do if you suspect a scam. By staying informed and being vigilant, you can prevent scams and safeguard your personal information.</p>	<p>H.A.C (42 Main St. S, Hagersville)</p>	<p>Thursday February 27th</p>	<p>11:30pm- 12:30pm</p>	<p>☎ H.A.C 905-768-4488 or hac@alzda.ca</p>

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Drop-in Information & Education Session	This informal drop-in session is an opportunity to stop by and ask questions about brain changes, brain health, and other dementia-related topics.	Caledonia Public Library (100 <i>Haddington St.,, Caledonia</i>)	Tuesday, March 18 th	10:30am- 12:30pm	No registration required!
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In Person - Hamilton

Group	Description	Location	Dates	Time	To Register
<p style="text-align: center;">Dementia Education Series</p>	<p>A 4-part series for families and friends of persons living with early-stage dementia, or who are new to education and ready to learn more about dementia.</p>	<p style="text-align: center;">Alzheimer Society Hamilton Office (550 <i>Fennell Ave. E, Hamilton</i>)</p>	<p style="text-align: center;">March 5th, 12th 19th, & 26th</p>	<p style="text-align: center;">1:30pm- 3:30pm</p>	<p style="text-align: center;"> Katharine 1-800-565-4614 Ext. 211</p>

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In Person - Halton

Group	Description	Location	Date	Time	To Register
Drop-in Information & Education Session	This informal drop-in session is an opportunity to stop by and ask questions about brain changes, brain health, and other dementia-related topics.	Halton Hills Public Library (<i>Georgetown location – 9 Church Street</i>)	Monday January 6 th	1:00pm- 5:00pm	No registration required!
Alzheimer’s Awareness Month Panel: Our Lived Experience	Join us for a live panel discussion as persons with lived experience discuss the dementia journey and how people can thrive after a diagnosis.	Milton Public Library (<i>Sherwood Location - 6355 Main St. West, Milton</i>)	Wednesday January 15 th	1:30pm- 3:30pm	No Registration Required!
Drop-in Information & Education Session	This informal drop-in session is an opportunity to stop by and ask questions about brain changes, brain health, and other dementia-related topics.	Milton Public Library (<i>Sherwood location – 6355 Main Street West</i>)	Wednesday January 29 th	4:00pm- 7:00pm	No registration required!

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<p style="text-align: center;">Dementia Education Series</p>	<p>A 4-part series for families and friends of persons living with early-stage dementia, or who are new to education and ready to learn more about dementia.</p>	<p style="text-align: center;">Alzheimer Society Burlington Office (4391 Harvester Rd, Unit 8)</p>	<p style="text-align: center;">February 5th, 12th, 26th & March 5th</p>	<p style="text-align: center;">1:30pm- 3:30pm</p>	<p style="text-align: center;"> Cait 1-800-565-4614 Ext. 314</p>
<p style="text-align: center;">Drop-in Information & Education Session</p>	<p>This informal drop-in session is an opportunity to stop by and ask questions about brain changes, brain health, and other dementia-related topics.</p>	<p style="text-align: center;">Milton Public Library (Main location – 1010 Main Street East)</p>	<p style="text-align: center;">Monday February 24th</p>	<p style="text-align: center;">4:00pm- 7:00pm</p>	<p style="text-align: center;">No registration required!</p>
<p style="text-align: center;">Drop-in Information & Education Session</p>	<p>This informal drop-in session is an opportunity to stop by and ask questions about brain changes, brain health, and other dementia-related topics.</p>	<p style="text-align: center;">Milton Public Library (Beaty location – 945 Fourth Line)</p>	<p style="text-align: center;">Wednesday March 26th</p>	<p style="text-align: center;">4:00pm- 7:00pm</p>	<p style="text-align: center;">No registration required!</p>

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