

Public Education for April – June 2025

(please note: our offices are closed on April 18th, May 19th & June 11th)

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.	Monday April 28 th	1:30pm-3:00pm	Click here
		Monday May 26 th	6:30pm-8:00pm	Click here
		Monday June 30 th	1:30pm-3:00pm	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.	Tuesdays, April 1 st , 8 th , 22 nd , 29 th	6:30pm-8:30pm	Click here
		Tuesdays, May 6 th , 13 th , 20 th & 27 th	6:30pm-8:30pm	Click here
		Mondays/ Thursdays June	6:30pm-8:30pm	Click here

**For more information
and to register:**

1-800-565-4614

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		2 nd , 5 th , 9 th , & 12 th		
<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>Mondays, April 21st & 28th, May 5th & 12th</p>	1:30pm-3:30pm	<p>☎ Madison 1-800-565-4614 Ext. 509</p>
		<p>Wednesdays and Fridays June 25th, 27th, July 2nd and 4th</p>	1:30-3:30pm	<p>☎ Katharine 1-800-565-4614 Ext. 211</p>
<p>Options for Care – Part 2: Residential Care Options <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 2 of Options for Care is designed for care partners who are starting to consider the move to a residential care setting. This course is meant to help care partners understand their options and provide considerations to help them make the right decision for the person living with dementia.</p>	<p>Tuesdays May 6th and May 13th</p>	1:30pm-3:30pm	<p>☎ Cait 1-800-565-4614 Ext. 314</p>
<p>Focus on Communication <i>Open to the Public</i></p>	<p>Topic: Anosognosia, Denial and Confabulation Description: Learn about the differences between anosognosia, denial and confabulation, and supportive strategies care partners can try.</p>	<p>Friday April 11th</p>	11:00am-12:00pm	<p>Click Here</p>

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<p><i>*This is a recurring series – you may unsubscribe at any time*</i></p>	<p>Topic: Aphasia Description: Learn about the loss of language and communication associated with dementia, how these symptoms can present, and how to improve communication with someone living with aphasia.</p>	Friday May 9 th		
	<p>Topic: Reverting to Mother Tongue Description: This session will explore why some people living with dementia revert to their mother tongue, and how to support a person who is experiencing this communication change.</p>	Friday June 13 th		
<p>Toolbox Talks <i>Open to the Public</i></p> <p><i>*This is a recurring series – you may unsubscribe at any time*</i></p>	<p>Topic: Delirium Description: This session will explore what delirium is, risk factors for delirium, signs and symptoms to watch for, and how to prevent and manage it.</p>	Friday April 25 th	11:00am- 12:00pm	Click Here
	<p>Topic: Managing Care Giver Stress Description: This session will explore the concept of care giver stress and look at what it is, and the signs of it. In addition, we will explore strategies that care partners can implement to manage their stress in their everyday lives.</p>	Friday May 23 rd		

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	<p>Topic: All About Me Description: Learn about the importance of sharing information about a person living with dementia with those providing care. We will explore what should be shared, as well as different methods and strategies to communicate this information.</p>	Friday June 27 th		
<p style="text-align: center;">Brain Health <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: MIND Diet Description: Learn about how to reduce the risk of dementia through nutrition. We will focus specifically on the MIND diet and how to incorporate these changes into your life.</p>	Tuesday April 15 th	11:00am-12:00pm	Click Here
	<p>Topic: Brain Fit Description: This session will cover simple brain exercises that you can do at home to help and strengthen your own brain health!</p>	Friday May 16 th	11:00am-12:00pm	
	<p>Topic: Memory, Forgetfulness, and Aging Description: This session will cover information on memory and the brain, as well as explore the differences between normal aging vs not normal aging, and what to do when concerned about memory changes.</p>	Friday June 20 th	11:00am-12:00pm	

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Virtual Public Lectures – Open to the Public				
<p>Public Lecture: Delirium Prevention & Treatment in Older Adults</p>	<p>Delirium – a sudden change in the ability to think, remember, and focus attention – is a common condition that can occur when people become seriously ill or undergo surgery. This public lecture with Karin Neufeld, Professor & Morgan Firestone Chair of the Department of Psychiatry & Behavioural Neurosciences, will focus on what we know about delirium and why it is so important to prevent and treat early if it occurs – particularly as it relates to older adults.</p>	<p>Wednesday May 7th</p>	<p>1:30pm-3:00pm</p>	<p>Click Here</p>
<p>Public Lecture: Aphasia Overview & Tips for Supporting a Person Living with Aphasia</p>	<p>The term aphasia refers to a loss of language, and is a symptom sometimes experienced by people living with dementia. It can affect a person’s ability to speak, understand, read, or write. Join Lori Buchanan, Director of Aphasia Friendly Canada, for an information session that will cover what aphasia is, explore communication techniques, and learn about what her organization is doing to help create a more aphasia friendly community.</p>	<p>Thursday June 26th</p>	<p>7:00pm-8:00pm</p>	<p>Click Here</p>

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In Person – Brant

Group	Description	Location	Date	Time	To Register
Dementia Education Series	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.	Brantford Office (25 Bell Lane, Brantford)	Thursdays, April 17 th & 24 th , May 1 st & 8 th	1:30pm-3:30pm	☎ Madison 1-800-565-4614 Ext. 509
Brain Fit	Join us to learn about the risk factors for dementia and some ways to reduce your risk, and take away some simple brain exercises that you can do at home! It is also an opportunity to learn about the services and programs provided by your local Alzheimer Society.	Brant County Public Library – Paris Branch (12 William St., Paris)	Tuesday, April 22 nd	10:30am-11:30am	☎ Paris Public Library 519-442-2433
Brain Fit	Join us to learn about the risk factors for dementia and some ways to reduce your risk, and take away some simple brain exercises that you can do at home!	1745 Chiefswood Road, Ohsweken	Tuesday, April 22 nd	3:00pm-4:00pm	☎ White Pines Wellness Centre 519-445-4481

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	It is also an opportunity to learn about the services and programs provided by your local Alzheimer Society.				
MIND Diet	<p>Join us to learn about how to reduce the risk of dementia through nutrition. We will focus specifically on the MIND diet and how to incorporate these changes into your life.</p> <p>It is also an opportunity to learn about the services and programs provided by your local Alzheimer Society.</p>	<p style="text-align: center;">1745 Chiefswood Road, Ohsweken</p>	<p style="text-align: center;">Tuesday, May 13th</p>	<p style="text-align: center;">3:00pm- 4:00pm</p>	<p style="text-align: center;"> White Pines Wellness Centre 519-445-4481</p>

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In Person – Haldimand Norfolk

Group	Description	Location	Date	Time	To Register
Memory, Forgetfulness & Aging	Join us to learn about memory and the brain, how to understand the differences between normal aging vs not normal aging, and what to do when concerned about memory changes. It is also an opportunity to learn about the services and programs provided by your local Alzheimer Society.	Haldimand Public Library – Dunnville Branch (317 Chestnut Street, Dunnville)	Thursday, May 15 th	10:30am- 11:30am	☎ Dunnville Public Library 289-674-0400
Dementia Education Series	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.	Simcoe Office (645 Norfolk St. N., Simcoe)	Thursdays, June 5 th , 12 th , 19 th & 26 th	1:30pm- 3:30pm	☎ Madison 1-800-565-4614 Ext. 509

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In Person - Hamilton

Group	Description	Location	Dates	Time	To Register
10 Warning Signs	Join us to learn about the 10 warning signs of dementia, explore some treatable conditions that can have dementia-like symptoms, and learn some tips for interacting with a person living with dementia.	Concession Library (565 Concession Street, Hamilton)	Tuesday May 13 th	4:00pm-5:00pm	Click here
Healthy Brain Habits	Join us to learn about the importance of brain health, and explore 12 brain healthy tips to help reduce your risk of dementia that you can do every day.	Concession Library (565 Concession Street, Hamilton)	Tuesday May 20 th	4:00pm-5:00pm	Click here
Brain Fit: Healthy Brain Habits	Join us to learn about the risk factors for dementia and some ways to reduce your risk, and take away some simple brain exercises that you can do at home! It is also an opportunity to learn about the services and programs	Ismaili Community Centre and Jamatkhana (61 Harlowe Road, Hamilton)	Sunday, May 25 th , 2025	11:00-12:30pm	Click here

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	provided by your local Alzheimer Society.				
Dementia Education Series	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.	Amica Dundas (50 Hatt Street, Dundas)	June 2 nd , 16 th , 23 rd & 30 th	1:30pm-3:30pm	 Katharine 1-800-565-4614 Ext. 211
Memory, Forgetfulness & Aging	Join us to learn about memory and the brain, how to understand the differences between normal aging vs not normal aging, and what to do when concerned about memory changes.	Concession Library (565 Concession Street, Hamilton)	Tuesday June 3 rd	4:00pm-5:00pm	Click here
Brain Fit: Healthy Brain Habits	Join us to learn about the risk factors for dementia and some ways to reduce your risk, and take away some simple brain exercises that you can do at home! It is also an opportunity to learn about the services and programs provided by your local Alzheimer Society.	Hamilton Mountain Seventh Day Adventist Church	Wednesday, June 4 th , 2025	1:00-2:00pm	Click here

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In Person - Halton

Group	Description	Location	Date	Time	To Register
Memory, Forgetfulness, and Aging	Join us to learn about memory and the brain, how to understand the differences between normal aging vs not normal aging, and what to do when concerned about memory changes. It is also an opportunity to learn about the services and programs provided by your local Alzheimer Society.	Burlington Public Library – Central Branch (2331 New Street, Burlington)	Monday April 14, 2025	2:00pm-3:00pm	☎ Burlington Public Library 905-639-3611
Our Lived Experience: The Caregivers Journey – Lunch & Learn	Join us for a live panel discussion as Care Partners discuss the dementia journey and how people can thrive after a diagnosis.	Milton Bible Church (121 Chisholm Drive, Milton)	Wednesday May 7 th	10:30am-1:30pm	☎ Khush Saiyed 1-800-565-4614 Ext. 310
Dementia Education Series	A 4-part series designed for families and friends of persons living with early-stage dementia, or who are	Milton Public Library – Beaty Branch (945	Fridays – May 2, 9, 16, and 23	1:30pm-3:30pm	☎ Cait 1-800-565-4614 Ext. 314

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	new to education and ready to learn more about dementia.	Fourth Line, Milton)			
Brain Health and Mild Cognitive Impairment	Join us to learn about the risk factors for dementia and some ways to reduce your risk and take away some simple brain exercises that you can do at home! Also discussed will be the difference between dementia, mild cognitive impairment, and cognitive changes associated with normal aging.	Burlington Public Library – Brant Hills Branch (2255 Brant Street, Burlington)	Monday May 5, 2025	2:00pm-3:00pm	 Burlington Public Library 905-639-3611
Normal Aging vs. Dementia	Join us to learn about memory and the brain, how to understand the differences between normal aging vs not normal aging, and what to do when concerned about memory changes.	Burlington Public Library – Brant Hills Branch (2255 Brant Street, Burlington)	Monday June 23, 2025	2:00pm-3:00pm	 Burlington Public Library 905-639-3611

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