






# Public Education for May 2026

\*Our offices will be closed May 18<sup>th</sup>\*

Program Name	Program Description	Dates	Location	Time	How To Register
<p><b>Dementia Education Series</b>  <i>Open to registered clients. Program is for care partner of persons living with dementia. Call us to get registered!</i></p>	A 4-part series to help families and friends of people living with early-stage dementia understand dementia and gain confidence in their caregiving role.	Wednesday, May 6 <sup>th</sup> , 13 <sup>th</sup> , 20 <sup>th</sup> & 27 <sup>th</sup>	Milton Public Library – 1010 Main Street E, Milton	10:00am –12:00pm	 1-800-565-4614
<p><b>Dementia Education Series</b>  <i>Open to the public</i></p>	A 4-part series to help families and friends of people living with early-stage dementia understand dementia and gain confidence in their caregiving role.	Wednesday May 6 <sup>th</sup> , 13 <sup>th</sup> , 20 <sup>th</sup> & 27 <sup>th</sup>	Zoom	6:30pm-8:30pm	<a href="#">Click here</a>
<p><b>Options in Care</b>  <i>Open to registered clients. Program is for care partner of persons living with dementia. Call us to get registered!</i></p>	A 3-part series designed for care partners which reviews care options. Topics include: Help in the Home/Creating a Support Plan, Residential Care Options and Applying and Transitioning to LTC	Thursday May 7 <sup>th</sup> , 14 <sup>th</sup> & 21 <sup>st</sup>	Zoom	1:30pm-3:30pm	 1-800-565-4614
<p><b>Focus on Communication</b>  <i>Open to the Public</i></p>	<b>Topic:</b> Reverting to Mother Tongue <b>Description:</b> This session will explore why some people living with dementia revert to their mother tongue, and how	Friday May 8 <sup>th</sup>	Zoom	11:00am-12:00pm	<a href="#">Click Here</a>

<p><i>*This is a recurring series taking place every month – you may unsubscribe at any time*</i></p>	<p>to support a person who is experiencing this communication change</p>				
<p><b>Dementia Information Session</b> <i>Open to the Public</i></p>	<p><b>Topic:</b> Vascular Dementia <b>Description:</b> This session will provide participants with an overview of Vascular Dementia.</p>	<p>Friday May 15<sup>th</sup></p>	<p>Zoom</p>	<p>11:00am-12:00pm</p>	<p><a href="#">Click here</a></p>
<p><b>Creative Minds: Art, Music, and Meaningful Hobbies for Brain Resilience</b> <i>Open to the public</i></p>	<p>Join us for this virtual session, hosted in partnership with De dwa da dehs nye&gt;s Aboriginal Health Centre, to explore how creative activities support brain resilience. Learn how art, music, and meaningful hobbies can boost mood, reduce stress, and strengthen cognitive health.</p>	<p>Thursday May 14<sup>th</sup></p>	<p>Zoom</p>	<p>10:30am-11:30am</p>	<p> Christine 519-774-2339</p>
<p><b>Middle Stage</b> <i>Open to registered clients. Program is for care partner of persons living with mid-stage dementia. Call us to get registered!</i></p>	<p>A 3-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>Friday May 15<sup>th</sup>, 22<sup>nd</sup> &amp; 29<sup>th</sup></p>	<p>Zoom</p>	<p>1:30pm-3:30pm</p>	<p> 1-800-565-4614</p>
<p><b>Public Lecture: Elder Abuse Prevention Ontario</b></p>	<p>Financial abuse can be prevented when we understand the root causes. In order to protect each other from financial</p>	<p>Tuesday May 19<sup>th</sup></p>	<p>Zoom</p>	<p>1:30pm-2:30pm</p>	<p><a href="#">Click here</a></p>

<p><b>Network - Financial Abuse against Seniors</b> <i>Open to the public</i></p>	<p>abuse, we must know the signs. We will provide an overview of financial abuse, types of abuse, including power of attorney, tactics used to take advantage of older adults, list of supports/resources for help and reporting.</p>				
<p><b>Finding Your Way/Dementia Friendly Communities</b> <i>Open to the Public</i></p>	<p><b>Topic:</b> Finding Your Way: Reduce the Risk of Getting Lost <b>Description:</b> An educational session designed to help persons living with dementia and their care partners learn practical strategies to reduce the risk of getting lost and stay safe in their community.</p>	<p>Wednesday May 20<sup>th</sup></p>	<p>Zoom</p>	<p>2:00pm – 3:00pm</p>	<p><a href="#">Click here</a></p>
<p><b>Toolbox Talks</b> <i>Open to the Public</i></p> <p><i>*This is a recurring series taking place every month – you may unsubscribe at any time*</i></p>	<p><b>Topic:</b> Meaningful Activities <b>Description:</b> Learn about what various meaningful activities can look like with a goal of continuing to spend quality time together by identifying and drawing on the person’s remaining strengths.</p>	<p>Friday May 22<sup>nd</sup></p>	<p>Zoom</p>	<p>11:00am-12:00pm</p>	<p><a href="#">Click Here</a></p>
<p><b>Getting Started</b> <i>Open to the public</i></p>	<p>An introduction to dementia for those just starting the journey, plus an outline of Alzheimer Society supports.</p>	<p>Monday May 25<sup>th</sup></p>	<p>Zoom</p>	<p>6:30pm-8:00pm</p>	<p><a href="#">Click here</a></p>

<p><b>Lunch &amp; Learn: Estate Planning with RBC</b> <i>Open to the public</i></p>	<p>Join us for a free session with RBC to learn about the importance of estate planning. This session will focus on understanding Wills and Powers of Attorney (POA), helping you make informed decisions to protect yourself and your loved ones. Perfect for anyone looking to plan ahead with confidence and peace of mind.</p> <p><i>*This is the same session that was available on zoom in February*</i></p>	<p>Wednesday May 27<sup>th</sup></p>	<p>ASBHNHH Simcoe Office – 645 Norfolk Street N, Simcoe</p>	<p>11:30am- 1:00pm</p>	<p> Robyn 1-800-565- 4614 Ext. 509</p>
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