

Alzheimer Society

MONTREAL

FALL PROGRAM

SEPTEMBER TO DECEMBER 2019



Artwork by Stanley S. created during our art therapy workshops for people living with dementia.

*Our professional counsellors are here to listen to you
and guide you towards services and
resources in your community.
Contact us!*

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Alzheimer Society of Montreal

Alzheimer Service Centre
4505 Notre-Dame Street West, Montreal
514-369-0800 | info@alzheimermontreal.ca

Opening Hours

Monday to Friday 9 a.m to 5 p.m.

SERVICES FOR CAREGIVERS

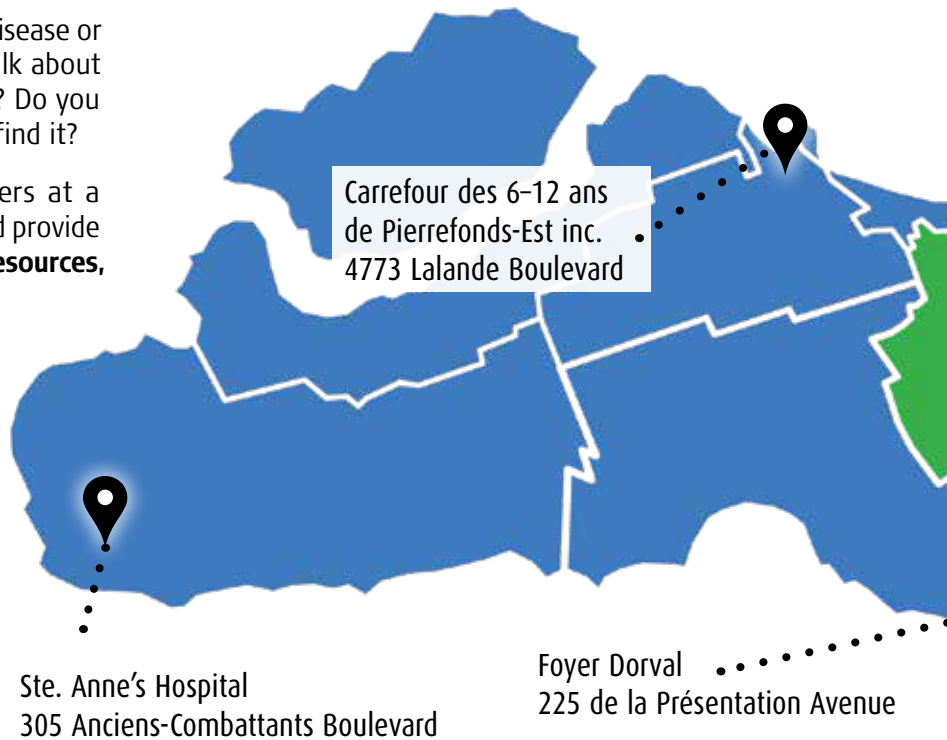


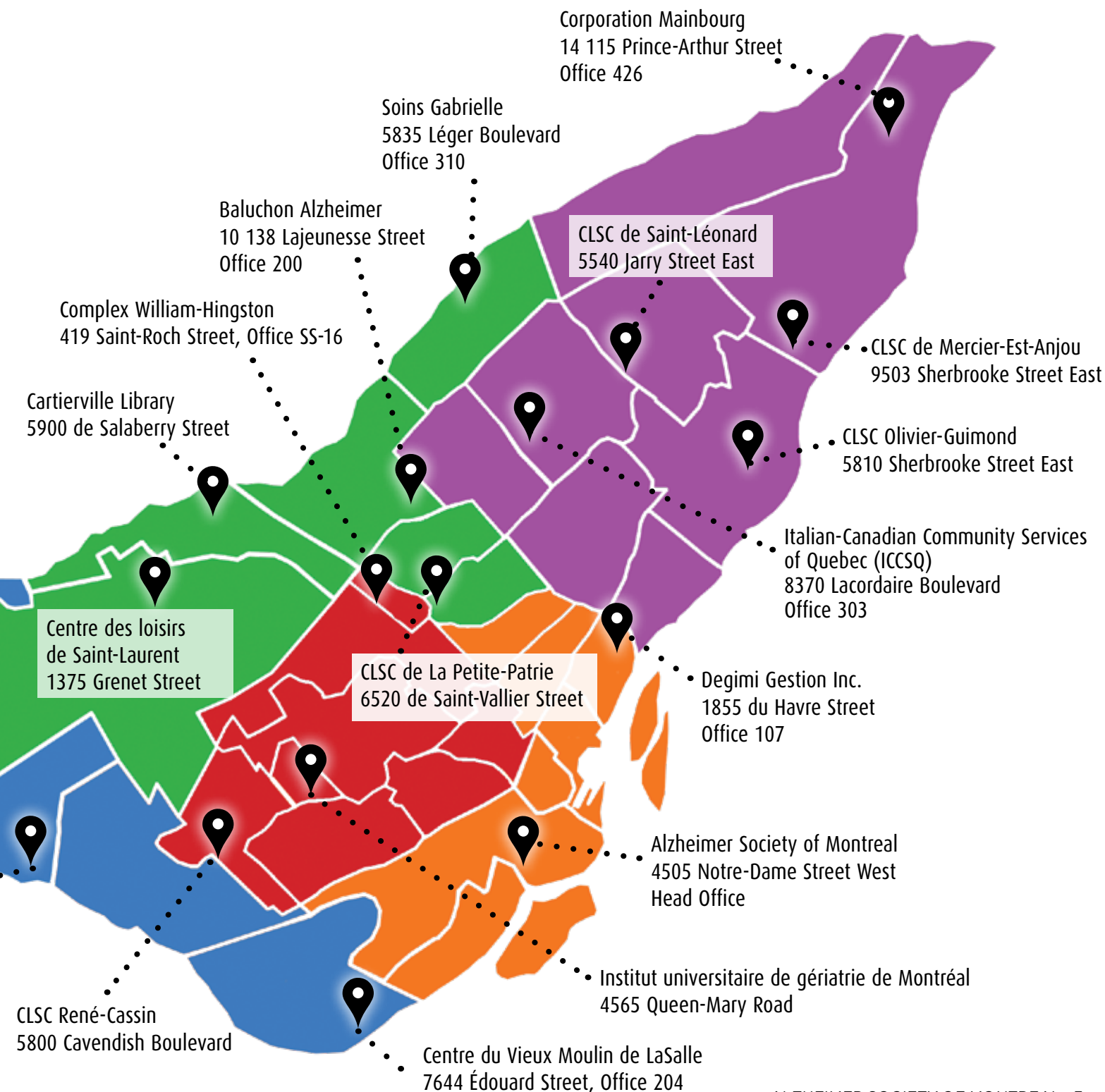
THE COUNSELLING-NETWORK

Do you care for someone living with Alzheimer's disease or a related form of dementia? Would you like to talk about your situation and the challenges you are facing? Do you need support and want to know where you can find it?

Our counsellors are available to meet caregivers at a number of service points throughout Montreal and provide **free and confidential counselling, information, resources, and support.**

To discuss your situation and make an appointment:
514-369-0800
info@alzheimermontreal.ca





SERVICES FOR CAREGIVERS

To see the full calendar of webinars and to register:
www.events.huddol.com

WEBINAR



The Society provides free webinars through Huddol.

Wednesday, October 16 | 1 to 2 p.m. | ENGLISH


Presented by Jiamin Carrie Dai, MA
School of Information Studies, McGill University.

Empowering People with Dementia to Share and Socialize

In this webinar, Carrie will present the findings of her research paper on the "Tales and Travels" program and demonstrate how it empowers people with dementia to tell stories and socialize. This innovative program, which takes place in certain libraries, is designed for people living with Alzheimer's disease or a related form of dementia and their caregivers. During the program, participants explore different countries through books, images, storytelling, and videos. Carrie will discuss the advantages of this type of program for people living with dementia and will explain how it can also benefit caregivers by improving their relationship with the person they care for.

LISTEN TO THE
WEBINARS AGAIN ON
HUDDOL: WWW.EVENTS.HUDDOL.COM


Join us on



I care for someone with **Alzheimer's**

- Connect with our team of health care professionals.
- Meet other caregivers like you.
- Benefit from up-to-date information about dementia.
- Access resources and find support.

www.huddol.com



Share information, strategies, experiences, and concerns with others who are caring for someone with Alzheimer's disease or a related form of dementia.



Information: 514-369-0800
info@alzheimermontreal.ca

Registration required

SUPPORT GROUPS FOR CAREGIVERS

WHO are these groups for?

Family and friends of people living with Alzheimer's disease or a related form of dementia, long-distance caregivers included.

WHY join a support group?

- To access practical information, discover strategies to integrate into your daily life, and plan for the future.
- To experience a reassuring environment that allows for you to openly share what you are going through.
- To realize that you are not alone and that others are experiencing similar challenges.
- To connect with the Alzheimer Society of Montreal and a vast network of resources.

WHERE do the groups take place?

The groups take place in different locations across the island of Montreal at various times and dates. Additional groups may also be formed.

WHO facilitates the groups?

A team of skilled and compassionate professionals facilitate our support groups for caregivers.

HOW do I register or find out more?

Contact one of the Alzheimer Society of Montreal's counsellors:
514-369-0800 | info@alzheimermontreal.ca



The Alzheimer Society of Montreal's team of support group facilitators.



THE GROUPS FOLLOWED BY AN ASTERISK () ON PAGES 6 TO 9 ARE OFFERED SIMULTANEOUSLY WITH A GROUP FOR PEOPLE LIVING WITH DEMENTIA.*

COME WITH THE PERSON YOU CARE FOR AND GET THE SUPPORT YOU BOTH NEED!

SERVICES FOR CAREGIVERS

WEEKLY GROUPS

Weekly groups for caregivers are held year-round at various service points across the island of Montreal. The groups are offered **in English** or **French** and are led by our team of experienced facilitators!

INFORMATION AND SUPPORT – 6 WEEKS

This group meets once a week for 2 hours, over 6 weeks. A variety of topics will be covered, including: an overview of Alzheimer's disease and related forms of dementia, various aspects of communication, understanding responsive behaviours, taking care of yourself as a caregiver, and the different community resources available in your area.

COST: \$60 for the 6-week session. It is not necessary to have already received services from the Alzheimer Society of Montreal to participate in this group.

CENTRE-WEST OF MONTREAL

Institut universitaire de gériatrie de Montréal | 4565 Queen-Mary Road

Monday | 4 to 6 p.m. | FRENCH

October 21 to November 25

EAST OF MONTREAL

CLSC de Saint-Léonard | 5540 Jarry Street East

Thursday | 1:30 to 3:30 p.m. | FRENCH

October 31 to December 5

NORTH OF MONTREAL

CLSC de La Petite-Patrie | 6520 de Saint-Vallier Street

Thursday | 1:30 to 3:30 p.m. | FRENCH

October 17 to November 21

Centre de Loisirs communautaires Lajeunesse | 7378 Lajeunesse Street

Tuesday | 6 to 8 p.m. | FRENCH

October 15 to November 19

WEST OF MONTREAL

CHSLD Bayview | 27 Lakeshore Road, Pointe-Claire

Tuesday | 7 to 9 p.m. | ENGLISH

October 15 to November 19



IF YOU REQUIRE RESPITE SERVICES TO ATTEND A SUPPORT GROUP, CALL US AT 514-369-0800 TO DISCUSS YOUR SITUATION.



Information: 514-369-0800
info@alzheimermontreal.ca

Registration required

*** NEW ***

INFORMATION AND SUPPORT – INTENSIVE SESSION

To better respond to the availabilities of caregivers, a new intensive version of our information and support groups will be offered this session.

Contact us for more information and to register!

COST: \$60 for the 3-week session. It is not necessary to have already received services from the Alzheimer Society of Montreal to participate in this group.

CENTRE-SOUTH OF MONTREAL

Alzheimer Society of Montreal | 4505 Notre-Dame Street West

Thursday | 1 to 5 p.m. | FRENCH

Wednesday | 1 to 5 p.m. | ENGLISH

October 10, 17, and 24

November 6, 13, and 20



Artwork by Michel D. created during our art therapy workshops for people living with dementia.

TESTIMONIAL

My husband was diagnosed with Alzheimer's disease in 2016. To begin with, I was in shock, but this rapidly gave way to helplessness, sadness, and powerlessness. In the weeks that followed, I made contact with the Alzheimer Society of Montreal, where I found a goldmine of information and invaluable advice, but, above all else, warmth, empathy, and hope. I would like to thank my counsellor for her attentiveness, her support, and her humanity. The services offered by the Alzheimer Society of Montreal are essential and help maintain the quality of life of people living with dementia and their caregivers, in spite of the disease.

– Marie-Lise, caregiver

SERVICES FOR CAREGIVERS

MONTHLY GROUPS SUPPORT



REGISTRATION REQUIRED!

Once caregivers have completed a weekly information and support group, they are encouraged to join a monthly group to continue receiving peer support and share information. The topics discussed reflect the reality and needs articulated by the participants.

COST: \$60 from September to June. A weekly information and support group must be completed before joining a monthly group. It is possible to join a monthly group at any time (on a pro rata basis).

CENTRE-SOUTH OF MONTREAL

Alzheimer Society of Montreal | 4505 Notre-Dame Street West

1st Monday of the month	4th Monday of the month*	1st Thursday of the month**
7 to 9 p.m. FRENCH	1:30 to 3:30 p.m. FRENCH	4 to 6 p.m. ENGLISH

* Offered simultaneously with a group for people living with dementia.

** 2 groups offered during this time slot: 1 for caregivers of spouses, 1 for caregivers of parents.

EAST OF MONTREAL

CLSC Olivier-Guimond | 5810 Sherbrooke Street East

4th Tuesday of the month	3rd Wednesday of the month
1:30 to 3:30 p.m. FRENCH	7 to 9 p.m. FRENCH

CLSC de Rivière-des-Prairies | 8655 Perras Boulevard

2nd Monday of the month	6 to 8 p.m. ENGLISH
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WEST OF MONTREAL

CHSLD Bayview | 27 Lakeshore Road, Pointe-Claire

1st Monday of the month	1st Wednesday of the month
7 to 9 p.m. ENGLISH	7 to 9 p.m. ENGLISH

Possibility of respite services with Nova West Island.

BEREAVEMENT

Caregivers grieving the passing of the person they cared for are invited to contact our team. Bereavement support groups may be formed according to demand.

For more information, contact our team at 514-369-0800



Holiday Market!

The Alzheimer Society of Montreal's Holiday Market will take place on **Sunday, December 8, from 1 to 4 p.m.**, at our head office — 4505 Notre-Dame Street West.

Join us for an afternoon of Holiday cheer in support of the Alzheimer Society of Montreal!

Open to all!

SERVICES FOR PEOPLE LIVING WITH DEMENTIA

*** **NEW** ***

INDIVIDUAL CONSULTATIONS

Have you been diagnosed with Alzheimer’s disease or a related form of dementia?

Would you like to talk about your situation and the challenges you are facing?

Thanks to the support of Desjardins, the Alzheimer Society of Montreal has more resources to support Montrealers living with dementia.

A counsellor dedicated to people living with neurodegenerative disorders is now available to meet you and offer you support and advice.

Contact our team and make an appointment now:
514-369-0800 | info@alzheimermontreal.ca



ART THERAPY

Through this activity, people living with dementia have the opportunity to express themselves and enhance their well-being. The workshops provide meaning to the present moment and allow participants to maintain their dignity.

COST: \$60 for the session. No previous artistic experience is required.

CENTRE-SOUTH OF MONTREAL	
Alzheimer Society of Montreal 4505 Notre-Dame Street West	
Monday 10 a.m. to 12 p.m.	Thursday 1:30 to 3:30 p.m.
Tuesday 1:30 to 3:30 p.m.	Friday 10 a.m. to 12 p.m.



Michel D., participant in the Alzheimer Society of Montreal's art therapy workshops.



Marie-Françoise M., participant in our art therapy workshops.



MONDAY MEET-UPS

Every Monday afternoon you are invited to join a group of people living with dementia to share in discussions, participate in physical activities, and stimulate your brain through cognitive exercises and other creative activities. This program is for people living with dementia who wish to meet new people and share enjoyable moments. Bring your lunch to eat with the group before the program.

COST: \$60 for the session.

CENTRE-SOUTH OF MONTREAL	
Alzheimer Society of Montreal 4505 Notre-Dame Street West	
Monday 1:30 to 3:30 p.m. BILINGUAL	September to March

***** NEW *****

FRIDAY MEET-UPS

Every Friday afternoon you are invited to join a group of people living with dementia to share in discussions, participate in physical activities, and stimulate your brain through cognitive exercises and other creative activities. This program is for people living with dementia who wish to meet new people and share enjoyable moments. Bring your lunch to eat with the group before the program.

COST: \$60 for the session.

CENTRE-SOUTH OF MONTREAL	
Alzheimer Society of Montreal 4505 Notre-Dame Street West	
Friday 1:30 to 3:30 p.m. BILINGUAL	September to March

***** NEW *****

FIRST STEP

Have you been diagnosed with Alzheimer's disease or a related form of dementia? Do you have questions and want to receive information? If so, these new information sessions are for you! Our intake and orientation counsellor, Jordan Fish, will facilitate these sessions and help you to better understand your diagnosis.

COST: Free.

CENTRE-SOUTH OF MONTREAL	
Alzheimer Society of Montreal 4505 Notre-Dame Street West	
I have been diagnosed with dementia. What now? Presented by Jordan Fish, Intake and Orientation Counsellor, Alzheimer Society of Montreal.	
September 10 6 to 8 p.m. FRENCH	September 25 6 to 8 p.m. FRENCH

SERVICES FOR PEOPLE LIVING WITH DEMENTIA AND THEIR CAREGIVERS

ACTIVITY CENTRES

The Alzheimer Society of Montreal currently operates in three activity centres located in Ahuntsic, Lachine and Westmount. Each centre employs qualified staff and volunteers who possess the knowledge and experience to meet the individual needs of participants and reassure family members. The activity centres provide caregivers and families with a few hours of respite on Saturdays, while also offering stimulating activities to their participants living with dementia. There is a service fee of \$20 per Saturday.



PLACES ARE AVAILABLE IN OUR THREE ACTIVITY CENTRES!

AN ASSESSMENT IS REQUIRED TO BEST MEET THE NEEDS OF THE PERSON LIVING WITH DEMENTIA.



Participants at the Westmount activity centre enjoying some games and puzzles.



Zootherapy activity with Nathalie R.

IN-HOME RESPITE AND STIMULATION PROGRAM

Qualified professionals from the Alzheimer Society of Montreal provide caregivers with a planned period of respite, varying from 2 to 4 hours per week. This service provides stimulating, therapeutic, and socially engaging experiences to its participants living with dementia in a reassuring setting. Fees are based on a sliding scale and determined according to revenue.

FINANÇÉ PAR

L'APPU POUR LES PROCHES AIDANTS D'AINÉS
MONTREAL

lappumontreal.org



The in-home respite and stimulation team.



Cooking activity at the Westmount activity centre.

SERVICES FOR PEOPLE LIVING WITH DEMENTIA AND THEIR CAREGIVERS



ART LINKS

People living with dementia and their caregivers are invited each month to the Montreal Museum of Fine Arts for a guided tour and a creative workshop.

The Art Links program is a partnership between the Montreal Museum of Fine Arts *Sharing the Museum* program and the Alzheimer Society of Montreal.

COST: Free.

Montreal Museum of Fine Arts | 2200 Crescent Street

Friday | 2 to 4 p.m. | BILINGUAL

October 18, November 29, December 20

REGISTRATION IS REQUIRED THE MONDAY BEFORE THE ACTIVITY, AT THE LATEST.

FOR INFORMATION AND TO REGISTER, CONTACT MARIE-SOLEIL BLANCHET, ART THERAPIST: 514-369-0800, EXT. 1104



Guided tour of the Montreal Museum of Fine Arts.



Philippe P. and his daughter, Anne Marie, at Art Links.



TALES AND TRAVELS

People living with dementia and their caregivers are invited to discover different countries at this series of weekly workshops. The aim of this program is to encourage interaction, conversation, and self-expression through travel-oriented discussions. Participants will explore each country by using books and objects, storytelling, listening to music, and other similar activities.

COST: Free for Library members. Registration is required.

Westmount Public Library | 4575 Sherbrooke Street West

Thursday | 10:30 a.m. to 12:30 p.m. | BILINGUAL

September 19 to October 17 and November 7 to December 5

Friday | 1 to 3 p.m. | BILINGUAL

September 20 to October 18 and November 8 to December 6



SERVICES FOR PROFESSIONALS AND ORGANIZATIONS

TRAININGS FOR HEALTH CARE PROFESSIONALS

Learning to Care Better

In partnership with the Federation of Quebec Alzheimer Societies, the Alzheimer Society of Montreal is proud to offer trainings for health care professionals.



30-HOUR	12-HOUR	9-HOUR
Caring for People with Alzheimer's Disease with Dignity and Professionalism.	Daily Care for People with Alzheimer's Disease.	Daily Care for People with Alzheimer's Disease (Responsive Behaviours – Advanced Training).

6-HOUR	15-HOUR
Interacting with People with Alzheimer's Disease.	A Training Program Specially Designed for Administrators.

These trainings are accredited by: **l'Ordre des travailleurs sociaux et des thérapeutes conjugaux et familiaux du Québec** and **l'Ordre des infirmiers et infirmières auxiliaires du Québec**.

Trainings are available at a reduced rate for groups of 10 to 15 people with your choice of time and location. For more information, contact Teresa Anuza, Coordinator – Educational Services: 514-369-0800, Ext. 1211 | tanuza@alzheimermontreal.ca



Participants in our Core Training Program for health care professionals. For more information and to register, see page 15.

WORKSHOPS FOR HEALTH CARE PROFESSIONALS

CORE TRAINING PROGRAM (4-HOUR MODULES)

MODULE 1
UNDERSTANDING ALZHEIMER'S DISEASE AND RELATED DISORDERS

A clinical examination of the fundamentals of Alzheimer's disease, utilizing a person-centred approach.

MODULE 2
MEMORY'S FOOTPRINTS

An interactive training focusing on understanding the life experiences of the person living with dementia.

MODULE 3
COMMUNICATION IN ACTION

An examination of changes in communication and an introduction to techniques and strategies for improving the quality of life of people living with dementia.

MODULE 4
DAILY LIVING WITH ALZHEIMER'S DISEASE – ROUTINES AND ACTIVITIES

A training focusing on strategies and interventions for meeting the specific needs of people living with dementia.

CALENDAR 2019	
Tuesday 8:30 a.m. to 12:30 p.m.	
FRENCH	
Module 1	September 24
Module 2	October 8
Module 3	October 22
Module 4	November 5
ENGLISH	
Module 1	October 1
Module 2	October 15
Module 3	October 29
Module 4	November 12

\$240 for the 16-hour series.

COST: \$60 per module.

Special group rates are available. A certificate is presented to participants upon completion of the 4 core modules.

MODULE 5
INTIMACY, SEXUALITY AND DEMENTIA

An in-depth examination of how the human need for intimacy, love, and sexual expression may be affected by dementia.

Please note that there are prerequisites for this workshop.



CALENDAR – MODULE 5	
8:30 a.m. to 12:30 p.m.	
FRENCH	ENGLISH
Tuesday Dec 3	Tuesday Dec 10

For more information and to register for a training program, please contact **Teresa Anuza, Coordinator – Educational Services:**

514-369-0800, Ext. 1211 | tanuza@alzheimermontreal.ca

SERVICES FOR PROFESSIONALS AND ORGANIZATIONS

PUBLIC CONFERENCES

*The Alzheimer Society of Montreal offers **free conferences** to groups of 15 or more people from not-for-profit organizations.**

The conferences last for approximately 1 hour, including a question period.

* A minimal fee is required from private organizations.

***** NEW *****

CONFERENCE 1

WHAT YOU SHOULD KNOW ABOUT ALZHEIMER'S DISEASE

This new conference covers the warning signs, progression, and risk factors of Alzheimer's disease.

Learn how to reduce some of these risk factors and discover how the services offered by the Alzheimer Society of Montreal can help.

CONFERENCE 2 AN INTRODUCTION TO ALZHEIMER'S DISEASE AND COMMUNICATION STRATEGIES

This conference covers common questions about Alzheimer's disease and related forms of dementia as well as an introduction to strategies for responding to changes in communication and behaviour.

CONFERENCE 3 VISITING SOMEONE WITH DEMENTIA - WHAT YOU SHOULD KNOW

This conference covers common questions about Alzheimer's disease and related forms of dementia, as well as information about what to expect when visiting someone with Alzheimer's disease and practical ideas for spending time together.

CONFERENCE 4 CARING FOR THE CAREGIVER

This conference covers a short overview of Alzheimer's disease and related forms of dementia and is followed by a discussion about caregiving, ways to support the caregiver, and how to reduce some of the stress related to caregiving.

Family and friends are encouraged to attend.

CONFERENCE 5 AMBIGUOUS LOSS

The issue of loss and grief is one of the most significant that arises when supporting people with Alzheimer's disease or a related form of dementia. Ambiguous loss is different from the loss and grief of death because closure is not possible and grief cannot be fully resolved while the person with dementia is alive. Fortunately, understanding loss and grief can ease the effects of the disease.

4505 Notre-Dame Street West, Montreal, Quebec H4C 1S3
514-369-0800 | www.alzheimermontreal.ca | info@alzheimermontreal.ca

Alzheimer Society
MONTREAL



FALL PROGRAM
SEPTEMBER TO DECEMBER 2019



Information: 514-369-0800
info@alzheimermontreal.ca

Registration is not required

ALZHEIMER CAFÉ CALENDAR – ALL ARE WELCOME!

***** NEW LOCATION *****

CENTRE-SOUTH OF MONTREAL – Plateau-Mont-Royal Library | FRENCH

Wednesday | 10:30 a.m. to 12:30 p.m. | 465 Mont-Royal Avenue East
Mont-Royal metro station

SEPTEMBER 4	Clinical Research, a Hope to Cure Alzheimer's Disease Presented by Nouha Ben Gaied, PhD, Director of Research and Development, and Quality of Services, Federation of Quebec Alzheimer Societies.
NOVEMBER 20	Navigating the System - Understanding CLSC Services for Seniors Presented by Jessica Smith, Coordinator of Caregiver Support Services, YWCA Montreal.

EAST OF MONTREAL – Langelier Library | FRENCH

3rd Friday of the month | 1:30 to 3:30 p.m. | 6473 Sherbrooke Street East
Buses 33 (West), 185 (West) or 197 (West) – Langelier metro station

SEPTEMBER 20	Clinical Research, a Hope to Cure Alzheimer's Disease Presented by Nouha Ben Gaied, PhD, Director of Research and Development, and Quality of Services, Federation of Quebec Alzheimer Societies.
OCTOBER 18	Accompanying a Person with Dementia: a Journey towards Authenticity and Gratitude Presented by Rose-Marie Gautier, caregiver.
NOVEMBER 15	Respite: the Benefits, What Exists in the East of Montreal, and How to Access Services? Presented by Generosa De Cubellis, counsellor, Alzheimer Society of Montreal, in collaboration with various service providers from the East of Montreal.
DECEMBER 20	Celebrating the Holidays Together!

CENTRE-WEST OF MONTREAL – Atwater Library and Computer Centre | ENGLISH

3rd Tuesday of the month | 1 to 3 p.m. | 1200 Atwater Avenue
Atwater metro station

SEPTEMBER 17	Caregiving: Coping Strategies that Help Prevent Burnout Presented by Lucile Agarrat, psychologist, Clinique de cognition, Institut universitaire de gériatrie de Montréal.
OCTOBER 15	Addiction and Caregiving: Understanding Addiction and Finding Help Presented by Howard P. Riback, caregiver and therapist.
NOVEMBER 19	How to Spend Quality Time Together – Activities and Strategies Presented by Isabelle Caldairou, Coordinator – Groups and Activities, Alzheimer Society of Montreal.
DECEMBER 17	Caregivers Got Talent! Talent sharing and creative expression by caregivers.

SERVICES FOR ALL



FALL PROGRAM
SEPTEMBER TO DECEMBER 2019



Information: 514-369-0800
info@alzheimermontreal.ca

Registration is not required

ALZHEIMER CAFÉ CALENDAR – ALL ARE WELCOME!

*** SPECIAL ***

CENTRE-WEST OF MONTREAL – Institut universitaire de gériatrie de Montréal | FRENCH

2nd Wednesday of the month | 6 to 8 p.m. | 4565 Queen-Mary Road, Salle Raynald Beauchemin
Bus 51 (East) – Snowdon metro station

SEPTEMBER 11	Accompanying a Person with Dementia in Long-Term Care: Communication and Strategies for Individuals at an Advanced Stage of the Disease Presented by Christiane Proulx, counsellor, Alzheimer Society of Montreal.
NOVEMBER 13	Adjusting to Long-Term Care: Communication Strategies and Ways to Build a Support Network Presented by Christiane Proulx, counsellor, Alzheimer Society of Montreal.

NORTH OF MONTREAL – Ahunstic Library | FRENCH

Wednesday | 7 to 9 p.m. | 10300 Lajeunesse Street
Bus 31 (South) – Henri-Bourassa metro station or Buses 140 (East) or 180 (West) – Sauvé metro station

OCTOBER 16	Managing Stress and Anxiety Presented by Franca Turco, counsellor, YWCA Montreal.
NOVEMBER 20	The Benefits of Zootherapy Presented by Nathalie Racine, zootherapist.
DECEMBER 4	Finding Balance, Setting Limits, and Taking Care of Oneself Presented by Jessica Smith, Coordinator of Caregiver Support Services, and Franca Turco, counsellor, YWCA Montreal.

NORTH OF MONTREAL – Cartierville Library | FRENCH

Last Tuesday of the month | 1 to 3 p.m. | 5900 de Salaberry Street
Bus 69 (Serres/Grenet) – Henri-Bourassa metro station

SEPTEMBER 24	Paratransit: Who Is It For? Why? And How Can You Access It? Presented by Serge Poulin, Executive Director, and Emmanuelle Lippé, Communications and Engagement Representative, RUTA (Regroupement des Usagers du Transport Adapté).
OCTOBER 29	Strengthening Well-Being Presented by Jessica Smith, Coordinator of Caregiver Support Services, and Franca Turco, counsellor, YWCA Montreal.
NOVEMBER 26	What are the Major Neurocognitive Disorders and How do they Manifest Themselves? Presented by Dr. Andrée Robillard, family practitioner, CLSC and FMG-U Bordeaux-Cartierville.



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Registration is not required

ALZHEIMER CAFÉ CALENDAR – ALL ARE WELCOME!

NORTH OF MONTREAL – Yves-Ryan Library | FRENCH

2nd Thursday of the month | 1:30 to 3:30 p.m. | 4740 de Charleroi Street
Buses 48 (East) or 469 (East) – Henri-Bourassa metro station

SEPTEMBER 19 ** 3 rd Thursday **	Leaving a Legacy: How to Write Your Autobiography Presented by Nancy Mbatkia, author and speaker.
OCTOBER 10	The Curateur public du Québec and the Protection of Incapable Persons Presented by Marc-André Gauthier, PR advisor and spokesperson, Curateur public du Québec.
NOVEMBER 14	How Far Should You Go to Help Your Loved One Experiencing a Loss of Autonomy, and Why? Presented by Isabelle Van Pevenage, PhD, Scientific Director (interim) and researcher, Centre for Research and Expertise in Social Gerontology (CREGÉS).
DECEMBER 12	Is Happiness Contagious? Presented by Sylvie Laferrière, coordinator, Tel-Écoute/Tel-Aînés.

WEST OF MONTREAL – Beaconsfield Library | ENGLISH

2nd Thursday of the month | 1 to 3 p.m. | 303 Beaconsfield Boulevard
Bus 200 (West) – Fairview terminus or Buses 211 (West) or 405 (West) – Lionel-Groulx metro station

SEPTEMBER 12	Beyond Alzheimer's Disease: Exploring Other Forms of Dementia Presented by Dr. Gary Inglis, External Geriatric Clinic, Ste. Anne's Hospital, CIUSSS de l'Ouest-de-l'Île-de-Montréal.
OCTOBER 10	Strengthening Well-Being Presented by Jessica Smith, Coordinator of Caregiver Support Services, YWCA Montreal.
NOVEMBER 14	How to Spend Quality Time Together – Activities and Strategies Presented by Raffaella Cavaliere, Coordinator – Respite and Stimulation Services, Alzheimer Society of Montreal.

*** NEW *** EVENING CAFÉ | 6:30 TO 8:30 P.M. | ENGLISH

OCTOBER 17	An Overview of the Protection Mandate Presented by Mandy Novak, social worker.
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Soutenu par



Centre intégré universitaire de santé et de services sociaux du Centre-Sud-de-l'Île-de-Montréal



THANK YOU TO OUR ALZHEIMER CAFÉ PARTNERS!

1st Annual *Barclay* Family Colloquium

INNOVATIONS AND ASSISTIVE TECHNOLOGIES IN DEMENTIA CARE

KEYNOTE SPEAKERS

**Dr. Howard
Bergman**

Author of the
Bergman Report
proposing the
Quebec Alzheimer
Plan



Ms.
**Dominique
Anglade**

Member of the
National Assembly
of Québec
for Saint-Henri-
Sainte-Anne.

Monday, November 18, 2019

Centre St-Pierre, 1212 Panet Street, Montreal

Keep up with cutting-edge research in the field of neurodegenerative disorders by participating in lectures and workshops presented by our experienced speakers:

Myriam Tellier, Université de Montréal | **Maxime Lussier**, CRIUGM
Carrie Dai, McGill University | **Adriana Aguilar Ordonez**, Huddol
Ron Beleno, dementia caregiving and research advisor... and more!

Registration online opens Monday, July 15

Professionals: \$100 | Caregivers and students: \$75

For more information: 514-369-0800 | conference@alzheimermontreal.ca