

Alzheimer Society

MONTREAL

WINTER PROGRAM

JANUARY TO MARCH 2020



Artwork created by Kim F. 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

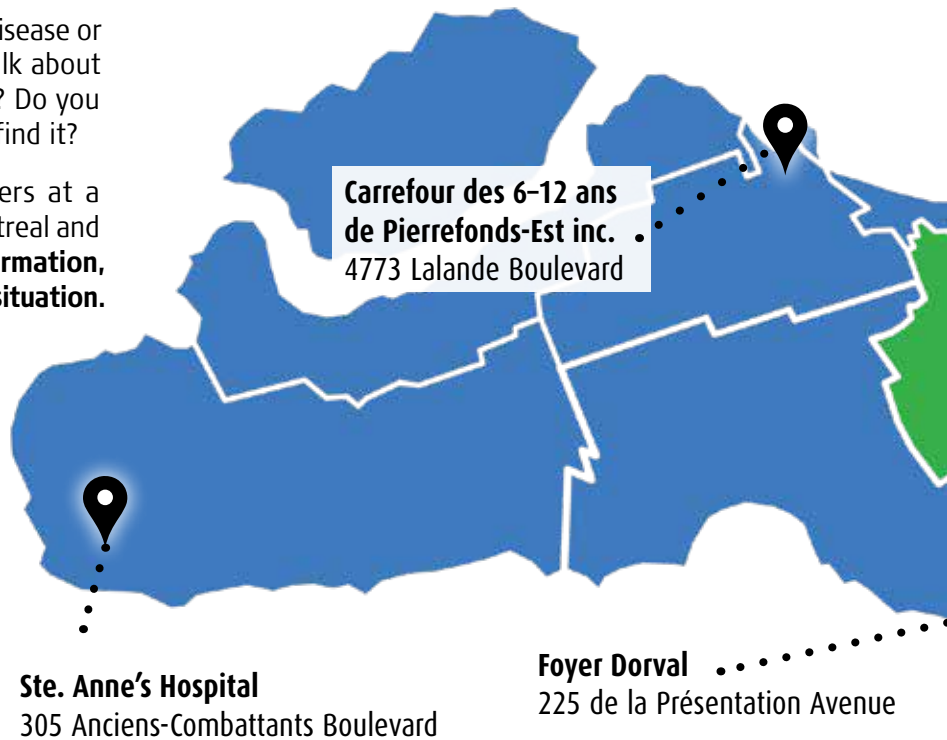
Do you care for someone living with Alzheimer's disease or a related form of dementia? Would you like to talk about your situation and the challenges you are facing? Do you need support and want to know where you can find it?

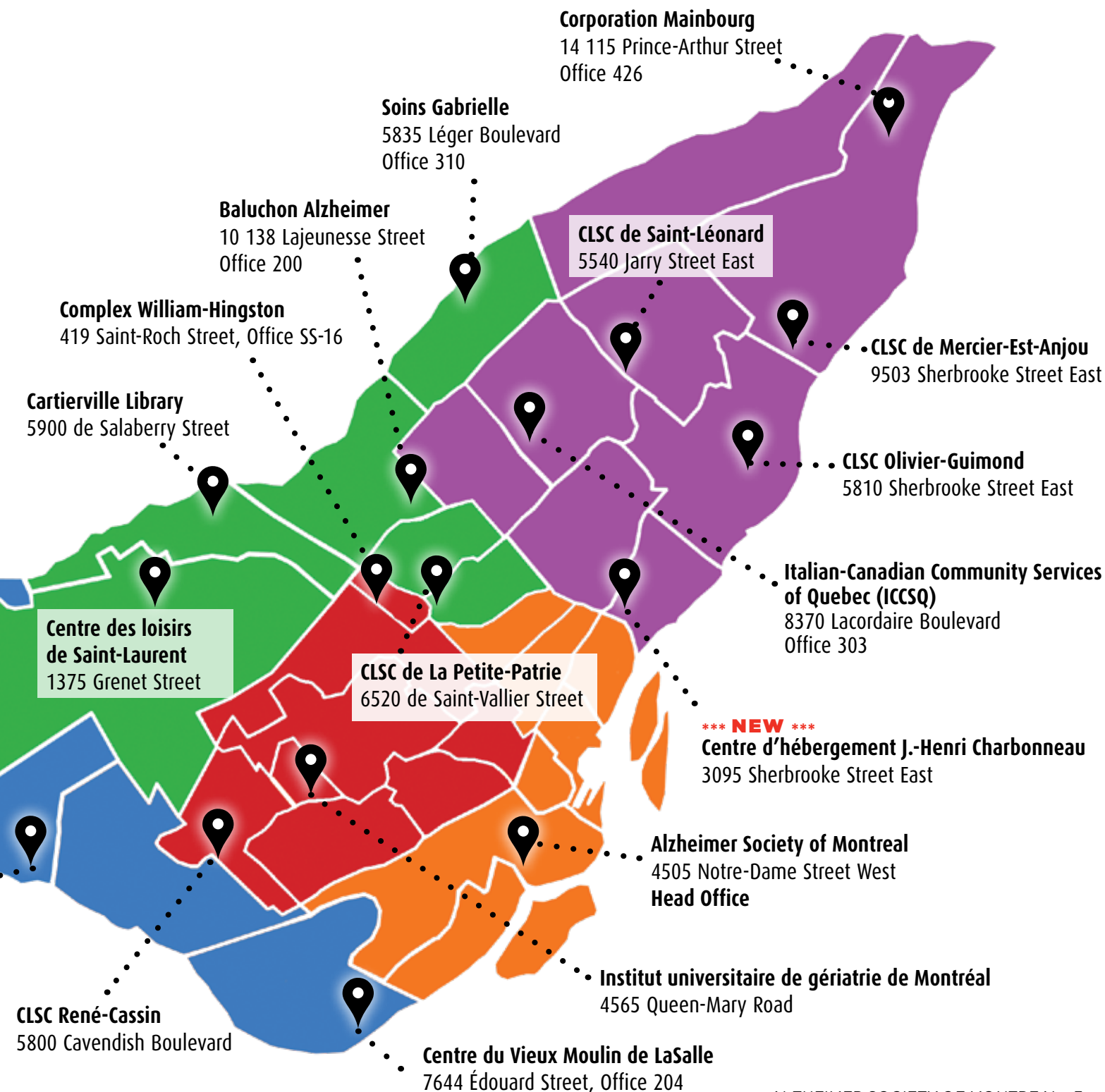
Our counsellors are available to meet caregivers at a number of service points across the island of Montreal and provide **free and confidential counselling, information, support, and resources that are adapted to your situation.**

To discuss your situation and make an appointment:

514-369-0800

info@alzheimermontreal.ca





SERVICES FOR CAREGIVERS

WEBINAR



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



The Society provides free webinars through Huddol.

Thursday | February 13 | 12 to 1 p.m. | FRENCH


Presented by Marie-Soleil Blanchet
Art Therapist, Alzheimer Society of Montreal.

Reconnect with Your Strengths through Art Therapy

When going through difficult changes, such as a diagnosis of Alzheimer's disease, art therapy can be a way of preserving a sense of identity and maintaining a sense of autonomy. Art therapists invite participants to communicate visually as well as verbally, to engage in a creative process that is unique and personal, and encompasses their physical, social, emotional and intellectual faculties. By reconnecting with their capacities, their inner strengths and personal values, participants can enhance their self-confidence, strengthen their concentration and experience positive emotions. To find out more, join us for this webinar about art therapy!

Consult the full calendar of webinars and register online at: 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 be formed according to demand.

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 AND 7 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. Topics covered include: 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 | 6 to 8 p.m. | FRENCH

February 10 to March 16

Group for caregivers of people living with dementia in long-term care.

CENTRE-SOUTH OF MONTREAL

Alzheimer Society of Montreal | 4505 Notre-Dame Street West

Thursday | 2:30 to 4:30 p.m. | FRENCH*

February 13 to March 19

* Offered simultaneously with an information and support group for people living with dementia.

EAST OF MONTREAL

CLSC Olivier-Guimond | 5810 Sherbrooke Street East

Tuesday | 7 to 9 p.m. | FRENCH

February 11 to March 17

NORTH OF MONTREAL

Cartierville Library | 5900 de Salaberry Street

Tuesday | 6 to 8 p.m. | FRENCH

February 11 to March 17

WEST OF MONTREAL

CHSLD Bayview | 27 Lakeshore Road, Pointe-Claire

Tuesday | 7 to 9 p.m. | ENGLISH

February 11 to March 17

Additional groups may be formed according to demand.



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

MONTHLY GROUPS

SUPPORT

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 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

1 st Monday of the month	4 th Monday of the month*	1 st Thursday of the month	1 st Thursday of the month
7 to 9 p.m. FRENCH	1:30 to 3:30 p.m. FRENCH	4 to 6 p.m. ENGLISH	6 to 8 p.m. ENGLISH

*Offered simultaneously with Monday Meet-Ups, a social program for people living with dementia.

EAST OF MONTREAL

CLSC Olivier-Guimond | 5810 Sherbrooke Street East

4 th Tuesday of the month	3 rd 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

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

WEST OF MONTREAL

CHSLD Bayview | 27 Lakeshore Road, Pointe-Claire

1 st Monday of the month	1 st 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**.



ALZHEIMER'S AWARENESS MONTH



Yes. I live with dementia. Let me help you understand.

JANUARY IS ALZHEIMER'S AWARENESS MONTH IN CANADA.

This year, we invite you to discover the story of Michel, spokesperson and client of the Alzheimer Society of Montreal.

Hello,

My name is Michel and I live with vascular dementia.

After my diagnosis in 2015, I became anxious, fearful, and began asking myself questions about my future.

I first came to the Alzheimer Society of Montreal in 2017 and have now been a regular participant in art therapy workshops and the Monday Meet-Ups social program for almost three years.

These two programs provide me with support, an opportunity to socialize, and a way of expressing myself through art. You can see a sample of my artwork below!

In January 2020, I will be the Alzheimer Society of Montreal's spokesperson for Alzheimer's Awareness Month.

I invite you to participate in the activities organized for this important month and to find out more about the disease at ilivewithdementia.ca

Thank you for being there for us. Your support, reassurance, and warmth help me every day to continue along the road that is my life.

Michel

"Les trois sœurs" by Michel D., spokesperson and client of the Alzheimer Society of Montreal.



January 2020 | #ilivewithdementia

SCREENING OF *The Caregivers' Club*

This documentary by Cynthia Banks steps inside the private lives of four families as they navigate through heartbreak with humour and frustration.

In the coming years, as their family members age, thousands of families will be forced to make this journey of love, loss, and letting go.

Invite your family and friends to raise awareness about the reality of caregivers.

Film in English, subtitles in French.

Wednesday | January 15 | 6:30 p.m.

Free — Space is limited.

4505 Notre-Dame Street West, Montreal, H4C 1S3

Reserve your seat now! Contact our team

at **514-369-0800** or by email:

info@alzheimermontreal.ca



IN PARTNERSHIP WITH  McGill 

ESTATE PLANNING SEMINAR

From the importance of a properly structured will to various unique family situations, tax implications and insurance, this seminar is a comprehensive overview of everything you need to know about estate planning.

This seminar is offered thanks to the support of IG Wealth Management.

Presented by **ANDREW SANGIOVANNI**

Financial Consultant

Wednesday | March 18 | 6:30 p.m. | BILINGUAL

Free — Space is limited.

4505 Notre-Dame Street West, Montreal, H4C 1S3

Reserve your seat now! Contact our team at **514-369-0800** or

by email: info@alzheimermontreal.ca



SERVICES FOR PEOPLE LIVING WITH DEMENTIA

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 imbue the present moment with meaning and allow participants to maintain their dignity.

COST: \$60 for the session from January to June. 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.



Luc C., participant in the Society's art therapy workshops.



WEEKLY MEET-UPS

Every Monday and Friday afternoon, you are invited to join a group of people living with Alzheimer's disease or a related form of 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 and Friday | 1:30 to 3:30 p.m. | BILINGUAL

September to March

INFORMATION AND SUPPORT GROUP

This group meets once a week for 2 hours, over 6 weeks. Topics covered include: an overview of Alzheimer's disease and related forms of dementia, strategies for autonomous living, navigating the health care network, and resources available in the community.

COST: \$60 for the 6-week session.

CENTRE-SOUTH OF MONTREAL

Alzheimer Society of Montreal | 4505 Notre-Dame Street West

Thursday | 2:30 to 4:30 p.m. | FRENCH*

February 13 to March 19

*Offered simultaneously with an information and support group for caregivers.

Additional groups may be formed according to demand.

***** NEW *****

SOCIAL GROUP

Join a brand new social group for people living with dementia! Participate in stimulating activities that will spark your interest and allow you to meet new people.

COST: \$70 for the 9-week session.

WEST OF MONTREAL

Centre du Vieux Moulin de LaSalle | 7644 Édouard Street, Office 210, LaSalle

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

January 22 to March 18

To register, contact staff at the Centre du Vieux Moulin at 514-364-1451.

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.

COST: \$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.



Cooking activity at the Lachine activity centre.



Art activity at the Westmount activity centre.

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.

FINANCÉ PAR
L'APPU POUR LES PROCHES AIDANTS D'AINES
MONTRÉAL

lappuimontreal.org

COST: Determined according to revenue.



The in-home respite and stimulation team.



Physical activity at the Lachine 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

Last Friday of the month | 2 to 4 p.m. | BILINGUAL

January 31, February 28, and March 27



Guided tour of the Montreal Museum of Fine Arts.



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

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



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 | 4574 Sherbrooke Street West

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

**January 16 to February 13
and March 5 to April 2**

Friday | 1 to 3 p.m. | BILINGUAL

**January 17 to February 14
and March 6 to April 3**

To register, contact Daniel Miguez at 514-989-5530.



COST: Free. Registration is required.

Greene Avenue Community Centre | 1090 Green Avenue

Tuesday | March 10 | 10:30 a.m. to 12:30 p.m. | BILINGUAL

To register, contact Heather Hodges at 514-931-6202.



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	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 .
Interacting with People with Alzheimer's Disease.	A Training Program Specially Designed for Administrators.	

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 2020	
Wednesday 1 to 5 p.m.	
FRENCH	
Module 1	February 5
Module 2	February 19
Module 3	March 4
Module 4	March 18
ENGLISH	
Module 1	February 12
Module 2	February 26
Module 3	March 11
Module 4	March 25

\$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	
Wednesday 1 to 5 p.m.	
FRENCH	ENGLISH
April 1	April 8

For more information and to register for a training program, 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 you.

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 optimizing time spent together.

CONFERENCE 4 CARING FOR THE CAREGIVER

This conference provides a brief 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



WINTER PROGRAM
JANUARY TO MARCH 2020



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

Registration is not required

ALZHEIMER CAFÉ CALENDAR – ALL ARE WELCOME!

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

JANUARY 21	Let's Talk about Dementia: Caregiver Testimonial for Alzheimer's Awareness Month Presented by Tommy Schnurmacher, broadcaster and author, and Jessica Seidman, Coordinator - Clinical Services, Alzheimer Society of Montreal.
FEBRUARY 18	Non-Verbal Capsules about Elder Abuse Presented by Louise Buzit-Beaulieu, PsC., M.A., National Coordinator Specializing in Elder Abuse for English-Speaking Seniors and Cultural Communities, and Christiane Proulx, counsellor, Alzheimer Society of Montreal.
MARCH 17	A Conversation about Accompanying Caregivers of People Living with Dementia in Long-Term Care Presented by Dr. Thérèse Perreault, caregiver.

*** SPECIAL ***

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

Thursday | 6 to 8 p.m. | 4565 Queen-Mary Road, Salle Raynald Beauchemin
Bus 51 (East) – Snowdon metro station

FEBRUARY 13	Accompanying a Person with Dementia in Long-Term Care Presented by Christiane Proulx, counsellor, Alzheimer Society of Montreal.
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*** NEW LOCATION ***

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

4th Wednesday of the month | 10:30 a.m. to 12:30 p.m. | 465 Mont-Royal Avenue East
Mont-Royal metro station

JANUARY 22	What You Should Know about Alzheimer's Disease Presented by Ronald Hughes, speaker and volunteer, Alzheimer Society of Montreal.
MARCH 25	How to Spend Quality Time Together – Activities and Strategies Presented by Isabelle Caldairou, Coordinator – Groups and Activities, Alzheimer Society of Montreal.

**ENJOY A COFFEE WITH OUR TEAM AND DISCUSS
ASPECTS OF LIFE RELATED TO DEMENTIA!**



SERVICES FOR ALL



WINTER PROGRAM
JANUARY TO MARCH 2020

? Information: 514-369-0800
info@alzheimermontreal.ca
Registration is not required

ALZHEIMER CAFÉ CALENDAR – ALL ARE WELCOME!

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

JANUARY 17	Music for Well-Being Presented by Lise Lalande, Executive Director, Société Alzheimer Laval.
FEBRUARY 21	Preserving Mental Health when Confronted by Alzheimer's Disease Presented by Dolorès Pleau, psychologist, geriatric psychiatry program, IUSMM.
MARCH 20	Tax Credits: Important Information for Caregivers Presented by Hamid Attalaa, tax consultant, Revenu Québec.

NORTH OF MONTREAL – Ahunistic Library | FRENCH

Tuesday | 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

FEBRUARY 18	Residential Resources for Seniors: Understanding Them to Make an Informed Decision Presented by Sidonie Laurier, counsellor, YWCA Montreal.
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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

FEBRUARY 25	Tax Credits: Important Information for Caregivers Presented by Yves Tshilenge-Mudia, tax consultant, Revenu Québec.
MARCH 31	Leaving a Legacy: How to Write Your Autobiography Presented by Nancy Mbatika, author and speaker.

NORTH OF MONTREAL – Yves-Ryan Library | FRENCH

3rd 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

FEBRUARY 20	Paratransit: Who Is It For? Why? And How Can You Access It? Presented by Serge Poulin, Executive Director, RUTA (Regroupement des Usagers du Transport Adapté).
MARCH 19	Carpe Diem: A New Perspective on People Living with Dementia Presented by Maude Sigouin, Alzheimer Society of Montreal.



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

Registration is not required

ALZHEIMER CAFÉ CALENDAR – ALL ARE WELCOME!

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

JANUARY 9	<p>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.</p>
FEBRUARY 13	<p>Health and Nutrition for Seniors Presented by Rosemary Statkus, nutritionist, CIUSSS de l'Ouest-de-l'île-de-Montréal.</p>
MARCH 12	<p>Caring for Yourself and Others: A Winning Practice for Improving Everyday Life! Presented by Louise Buzit-Beaulieu, PsC., M.A., National Coordinator Specializing in Elder Abuse for English-Speaking Seniors and Cultural Communities.</p>



Atwater
Library and Computer Center



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!



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. 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

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

FREE CONFERENCE

COPING STRATEGIES TO PREVENT CAREGIVER BURNOUT



For Alzheimer's Awareness Month

Presented by

LUCILE AGARRAT

Psychologist at the Institut universitaire
de gériatrie de Montréal.

Wednesday | January 29 | 1:30 to 3 p.m.

Presentation in French, questions in English and French.

Alzheimer Society of Montreal — Free, Space is limited.
4505 Notre-Dame Street West, Montreal, H4C 1S3

Take care of yourself: this benevolent piece of advice is often relayed to caregivers by their loved ones and health care professionals.

It is often difficult, however, for caregivers to put this principle into practice due to a lack of time, the build-up of everyday tasks, and the feeling of guilt that arises when they make time for themselves.

During this presentation, we will reflect upon the need to care for oneself to prevent burnout and discover concrete methods to achieve this goal.



Lucile Agarrat at an Alzheimer Café at Atwater Library and Computer Centre.

For information and to register: 514-369-0800 | info@alzheimermontreal.ca