

SPRING-SUMMER PROGRAM

APRIL TO AUGUST 2020



Artwork by Margaret B., participant in 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

Spring | Monday to Friday 9 a.m. to 5 p.m.
Summer | Monday to Thursday 8:30 a.m. to 5 p.m.
Friday 8:30 a.m. to 12 p.m.

SERVICES FOR CAREGIVERS



The Alzheimer Society of Montreal Clinical Services team.



THE COUNSELLING-NETWORK

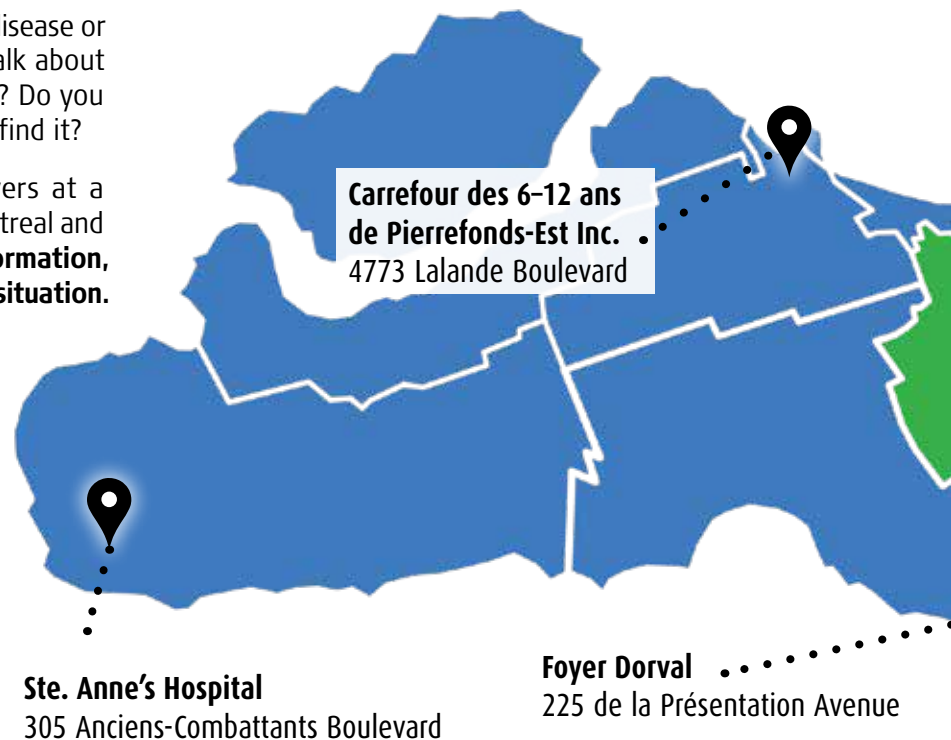
Do you care for someone living with Alzheimer's disease or a related form of dementia? Would you like to talk about your situation and the challenges you are facing? Do you need support and want to know where you can find it?

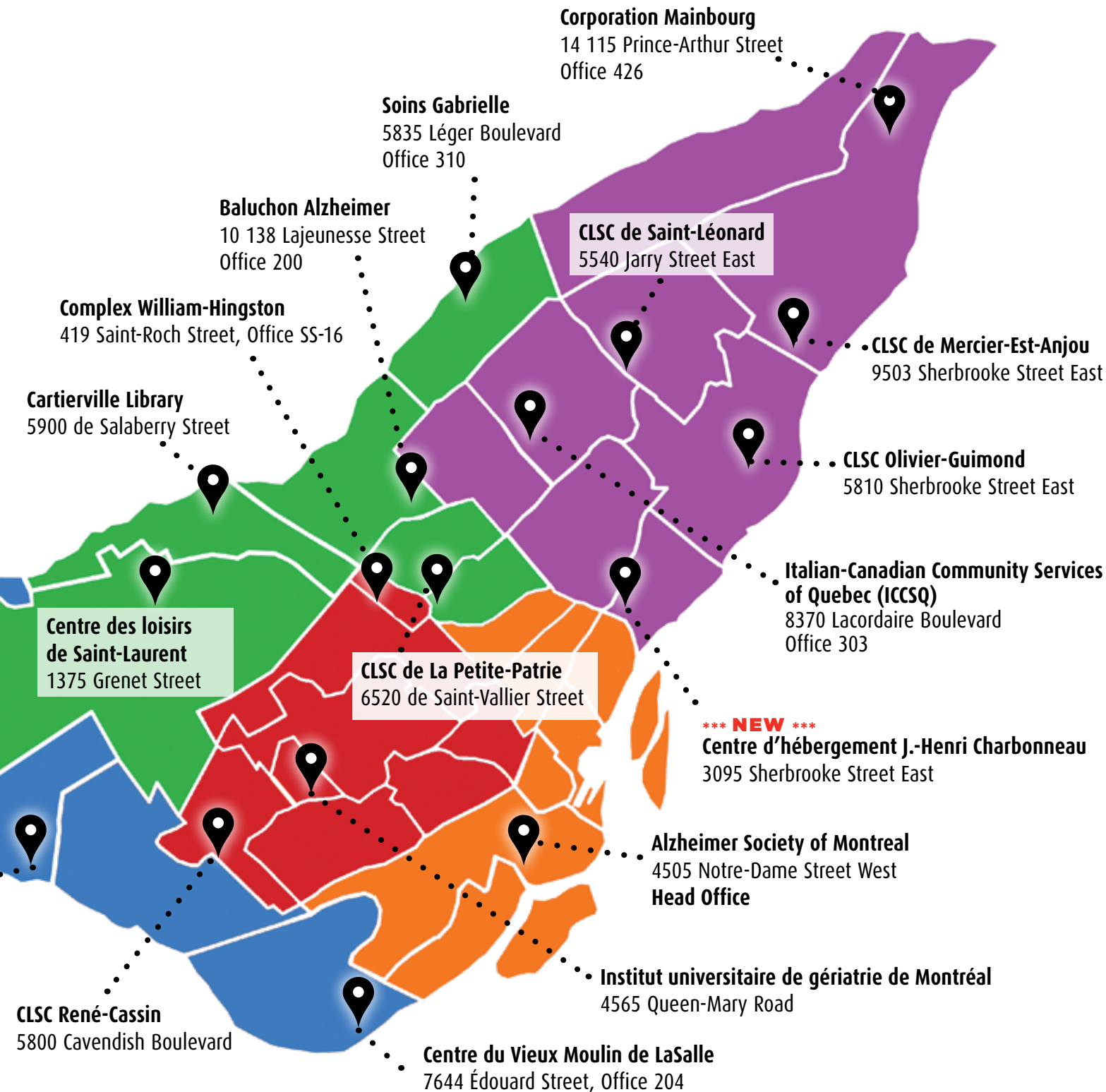
Our counsellors are available to meet caregivers at a number of service points across the island of Montreal and provide **free and confidential counselling, information, support, and resources that are adapted to your situation.**

To discuss your situation and make an appointment:

514-369-0800

info@alzheimermontreal.ca





WEBINAR



Thursday | April 30 | 12 to 1 p.m. | ENGLISH

Presented by Alexander Mattias, Counsellor - People Living with Dementia, Alzheimer Society of Montreal.

Person-Centred Counselling for People Living with Dementia

In June 2019, the Alzheimer Society of Montreal launched a new support service for people living with dementia. The intended outcomes of this program are to: promote quality of life; provide a confidential and welcoming space for people living with dementia to express themselves, and talk about their experience of living with dementia and the impact it has on their life; offer information regarding the diagnosis and future planning; and build community by connecting people to resources.

Join Alexander Mattias, Counsellor - People Living with Dementia, in this webinar to learn about this new service and the benefits of person-centred counselling for people living with dementia.

**FOR MORE INFORMATION
AND TO REGISTER,
CONTACT MAUDE
SIGOUIN-LACOSTE AT
514-369-0800, EXT. 1211**



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

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 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



Artwork by Stanley S., participant in our art therapy workshops for people living with dementia.



THE GROUPS FOLLOWED BY AN ASTERISK (*) ON PAGES 6 TO 8 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!

SPRING

INFORMATION AND SUPPORT — 6 WEEKS — REGISTRATION REQUIRED

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-SOUTH OF MONTREAL

Alzheimer Society of Montreal | 4505 Notre-Dame Street West

Thursday | 1:30 to 3:30 p.m. | ENGLISH*

April 9 to May 14

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

EAST OF MONTREAL

CLSC de Saint-Léonard | 5540 Jarry Street East

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

April 16 to May 21

CLSC Olivier-Guimond | 5810 Sherbrooke Street East

Thursday | 7 to 9 p.m. | FRENCH

April 16 to May 21

WEST OF MONTREAL

Carrefour des 6-12 ans de Pierrefonds-Est Inc. | 4773 Lalande Boulevard, Pierrefonds

Wednesday | 10 a.m. to 12 p.m. | FRENCH

April 15 to May 20

N.B. Room not accessible for wheelchair users.

CHSLD Bayview | 27 Lakeshore Road, Pointe-Claire

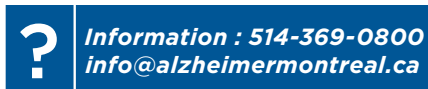
Thursday | 7 to 9 p.m. | ENGLISH

April 16 to May 21

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.



SPRING

INTENSIVE SESSION — 3 WEEKS — REGISTRATION REQUIRED

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	
Wednesday 1 to 5 p.m. FRENCH	May 6, 13, and 20
NORTH OF MONTREAL	
Cartierville Library 5900 de Salaberry Street	
Thursday 10:15 a.m. to 2:15 p.m. FRENCH	April 9, 16, and 23

BEREAVEMENT — 10 WEEKS — REGISTRATION REQUIRED

Based on the training program by Jean Monbourquette, this group is for the caregivers of people with Alzheimer’s disease or a related form of dementia who have now passed away. Over the course of the group, participants have the opportunity to share their experiences with individuals confronted by similar challenges, and help each other adapt to their new reality.

COST: \$60 for the 10-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	
Tuesday 1:30 to 3:30 p.m. ENGLISH	April 14 to June 16
Wednesday 1:30 to 3:30 p.m. FRENCH	April 15 to June 17

SUMMER

INFORMATION AND SUPPORT — 6 WEEKS — REGISTRATION REQUIRED

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.

EAST OF MONTREAL	
CLSC Olivier-Guimond 5810 Sherbrooke Street East	
Tuesday 7 to 9 p.m. FRENCH	July 7 to August 11
WEST OF MONTREAL	
CHSLD Bayview 27 Lakeshore Road, Pointe-Claire	
Thursday 7 to 9 p.m. ENGLISH	July 9 to August 13

SERVICES FOR CAREGIVERS

SUMMER

INTENSIVE SESSION — 3 WEEKS — REGISTRATION REQUIRED

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. ENGLISH	July 9, 16, and 23
Wednesday 1 to 5 p.m. FRENCH	August 5, 12, and 19

MONTHLY GROUPS — 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 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

WEST OF MONTREAL	
CHSLD Bayview 27 Lakeshore Road, Pointe-Claire	
1 st Monday of the month 7 to 9 p.m. ENGLISH	1 st Wednesday of the month 7 to 9 p.m. ENGLISH
Possibility of respite services with NOVA West Island.	



IG WEALTH
MANAGEMENT

WALK FOR ALZHEIMER'S

Société Alzheimer Society
MONTRÉAL



SUNDAY
MAY 31, 2020
SAINT-HENRI
MONTREAL



To register: www.alzheimermontreal.ca/walk

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?

A counsellor dedicated to people living with neurodegenerative disorders is now available to meet you and offer you professional and confidential support and advice that is adapted to your needs.

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.



Shirley C., participant in the Alzheimer Society of Montreal's art therapy workshops.



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

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

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	April to August

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 1:30 to 3:30 p.m. ENGLISH*	April 9 to May 14
* 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 8-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	April 29 to June 17
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.



Cognitive stimulation activity at the Westmount activity centre.



Art activity at the Westmount activity centre.



PLACES ARE AVAILABLE IN OUR THREE ACTIVITY CENTRES!

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

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.

COST: Determined according to revenue.



The in-home respite and stimulation team.

FINANCÉ PAR

L'APPU POUR LES PROCHES AIDANTS D'AINES
MONTRÉAL

lappumontreal.org



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
April 24 and May 29



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 ANNE-LAURENCE MONGRAIN, 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	Friday 1 to 3 p.m. BILINGUAL
May 14 to June 11	May 15 to June 12
To register, contact Daniel Miguez at 514-989-5530.	



COST: Free. Registration is required.

Greene Avenue Community Centre 1090 Greene Avenue
2nd Tuesday of the month 10:30 a.m. to 12:30 p.m. BILINGUAL
April 14 and May 12
To register, contact Heather Hodges at 514-931-6202.



TRAININGS FOR HEALTH CARE PROFESSIONALS

The Alzheimer Society of Montreal offers a wide variety of workshops, conferences, and trainings.

Contact Maude Sigouin-Lacoste, Coordinator – Educational Services, to explore our range of trainings and choose the format that best suits your needs: 514-369-0800, Ext. 1211 | education@alzheimermontreal.ca

*** **NEW** ***

6-Hour Training

This is a new training program composed of **one 6-hour session**.

This training will provide you with technical and practical knowledge to better meet the needs of people living with dementia. This format has been developed to satisfy the training requirements of health care professionals, while taking into account their busy schedule.

Our trainers can travel to your workplace!



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.

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	
FRENCH	
Tuesday 8:30 a.m. to 12:30 p.m.	
Module 1	May 12
Module 2	May 19
Module 3	May 26
Module 4	June 2

ENGLISH	
Wednesday 1 to 5 p.m.	
Module 1	May 13
Module 2	May 20
Module 3	May 27
Module 4	June 3

\$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.
There are prerequisites for this workshop.

CALENDAR – MODULE 5	
FRENCH	ENGLISH
Tuesday 8:30 a.m. to 12:30 p.m.	Wednesday 1 to 5 p.m.
June 9	June 10

For more information and to register for a training program, contact **Maude Sigouin-Lacoste, Coordinator – Educational Services:**

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

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



SPRING-SUMMER PROGRAM
APRIL TO JUNE 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

APRIL 21	The Art of Complaining Effectively Presented by Amy Fish, author and Ombudsperson, Concordia University.
MAY 19	What's in your Tool Kit? Education for Navigation Presented by Joanne Besner, health and social services consultant.
JUNE 16	Reducing Stress in Everyday Life with Mindfulness Presented by Christiane Proulx, counsellor, Alzheimer Society of Montreal.

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

MAY 27	The Blame and Stress Experienced by Caregivers Presented by Liliana Ponce de Leon and Naima Ben Si Said, counsellors, Alzheimer Society of Montreal.
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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

APRIL 17	Grief: A Life Process Presented by Monique Séguin, palliative care nurse.
MAY 15	Understanding the Behaviours of a Person Living with Dementia and Accompanying them on a Daily Basis Presented by Daniel Geneau, neuropsychologist.
JUNE 19	Medical Assistance in Dying: Where are We At? Presented by Me Hélène Guay, BCL, LL.M, health and human rights lawyer.

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





SPRING-SUMMER PROGRAM APRIL TO JUNE 2020

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

ALZHEIMER CAFÉ CALENDAR – ALL ARE WELCOME!

NORTH OF MONTREAL – Café de Da, Bibliothèque Ahunatic | FRENCH

7 to 9 p.m. | 545 Fleury Street East

Bus 31 (South) – Henri-Bourassa metro station or Buses 140 (East) and 180 (West) – Sauvé metro station

7 AVRIL	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).
MAY 20	The Role of Drugs in the Management of Major Neurocognitive Disorders Presented by Alexandre Lahaie, pharmacist, M.Sc., CIUSSS Centre-Sud-de-l'île-de-Montréal, Hôpital de Verdun, GMF-U des Faubourgs, Special Projects Coordinator at the IUGM.

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

APRIL 28	"I'm Still Here!": Video Screening of a Play by the Théâtre Fleury Drama Troop Presented by Gilberte Fleischmann, volunteer, and Jacques Couture, counsellor, Alzheimer Society of Montreal.
MAY 26	Why and How to Make a Complaint in the Health Network Presented by Marie Champoux, complaints advisor, Coordinator – Leases with Private Residences Project, CAAP – Island of Montreal.

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

APRIL 16	Accommodation for People Living with Dementia: What is the Role of the Caregiver? Presented by Me Hélène Guay, BCL, LL.M., health and human rights lawyer.
MAY 21	Spending Quality Time with a Person Living with Alzheimer's: Stimulation and Activities to Try at Home Presented by Raffaella Cavaliere, Coordinator – Respite and Stimulation Services, Alzheimer Society of Montreal.
JUNE 18	Managing Stress and Anxiety Presented by Franca Turco, counsellor, YWCA Montreal.



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APRIL TO JUNE 2020

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

ALZHEIMER CAFÉ CALENDAR – ALL ARE WELCOME!

*** NEW ADDRESS ***	
WEST OF MONTREAL – Carrefour des 6-12 ans de Pierrefonds-Est Inc. FRENCH	
Last Thursday of the month 10:30 a.m. to 12:30 p.m. 4773 Lalande Boulevard, Pierrefonds Bus 468 (West) – Côte-Vertu metro station	
APRIL 30	Medication and Alzheimer's Disease Presented by Oana-Cristina Popescu, pharmacist, Pharmaprix.
MAY 28	Responding to Reactive Behaviours Presented by Teresa Anuza, Person in Charge of the Analysis and Development of Content for Educational Services, Alzheimer Society of Montreal.
JUNE 25	The Effects of Alzheimer's on People Living with the Disease and their Caregivers Presented by Liliana Ponce de Leon, counsellor, Alzheimer Society of Montreal.

WEST OF MONTREAL – Beaconsfield Library ENGLISH	
2 nd 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	
APRIL 9	Navigating the Health and Social Services System Presented by Yves Théberge, nurse, CLSC du Lac-Saint-Louis.
MAY 14	The Steps of Moving a Person Living with Dementia to Long-Term Care Presented by Céline Paiement, social worker, Ste. Anne's Hospital, CIUSSS Ouest-de-l'île-de-Montréal.
JUNE 11	Understanding and Preparing for the Reality of Dementia and Caregiving Presented by Dr. Donald Doell and Claire Webster, consultant and founder, McGill University Dementia Education Workshops, Steinberg Centre for Simulation and Interactive Learning.
*** SPECIAL *** 1 to 3 p.m. FRENCH	
APRIL 23	Caring for the Caregiver Presented by Ronald Hughes, speaker and volunteer, Alzheimer Society of Montreal.



THANK YOU TO OUR ALZHEIMER
CAFÉ PARTNERS!

CONFERENCE, ANNUAL GENERAL MEETING AND VERNISSAGE



Engaging Persons with Dementia and their Families in Advance Care Planning

Presented by Dr. **TAMARA SUSSMAN**
Associate Professor, School of Social Work, McGill University

Thursday | June 18 | 4 to 5:30 p.m.

Presentation in English, questions in French and English

Alzheimer Society of Montreal

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

Free — Space is limited

For more information and to register:

514-369-0800 | info@alzheimermontreal.ca

This conference will be followed by the Annual General Meeting of the Alzheimer Society of Montreal at 5:30 p.m. and:

At the Dawn of Colour

VERNISSAGE of artwork by participants in the Alzheimer Society of Montreal's art therapy workshops.

JUNE 18 AT 6 P.M.

Alzheimer Society of Montreal
4505 Notre-Dame Street West, Montreal

Please confirm your attendance!

info@alzheimermontreal.ca | 514-369-0800



Artwork by Claude A., participant in our art therapy workshops for people living with dementia.