

WINTER PROGRAM

JANUARY TO MARCH 2023



Artwork by Kim W., participant in the Alzheimer Society of Montreal's art therapy workshops.

Alzheimer Society
MONTREAL

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CONTACT INFORMATION

Alzheimer Society of Montreal
4505 Notre-Dame Street West,
Montreal Quebec H4C 1S3
Telephone: 514-369-0800
www.alzheimermontreal.ca

OPENING HOURS

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

Our programs and services team remains available to assist you and offer support and information, either in person or remotely.

Need help using Zoom?

Contact us! Our team can help you out when you register!

514-369-0800
info@alzheimermontreal.ca

SERVICES FOR CAREGIVERS

INTAKE AND REFERRALS AND THE COUNSELLING NETWORK

Helping someone with a neurocognitive disorder involves many challenges, especially during the current health situation.

Our counsellors are available, even remotely, to offer free and confidential consultations to assess your needs and provide you with information, support and resources.



Connect with a counsellor now:
514-369-0800 | info@alzheimermontreal.ca



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D'AINÉS
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SERVICES FOR CAREGIVERS

ABOUT SUPPORT GROUPS FOR CAREGIVERS

WHO should attend these groups?	Caregivers who are supporting a person living with a neurocognitive disorder at home or remotely.
WHO facilitates the groups?	Professional and qualified facilitators.
WHY join a support group?	<p>To join the Alzheimer Society of Montreal's network and access the available resources.</p> <p>To have a safe space where you can share your experiences without fear.</p> <p>To realize that you are not alone, and that other people are facing the same challenges as you.</p> <p>To better understand neurocognitive disorders and to learn new ways to manage the most difficult aspects of caregiving.</p>
WHERE do the groups meet?	<p>Monthly group: Most people join on Zoom, although there is also an in-person option.</p> <p>Weekly groups meet in person and on Zoom.</p>
HOW to register for a group or learn about one.	Contact us: 514-369-0800 info@alzheimermontreal.ca

SERVICES FOR CAREGIVERS

WEEKLY GROUPS – SUPPORT AND INFORMATION

Throughout the year, weekly group sessions for caregivers are offered in French and English by our team of professional facilitators.

This group meets weekly for two hours over six weeks.

Topics include neurocognitive disorders, communication adaptation, understanding reactive behaviours, how to take care of yourself as a caregiver and the different community resources available in the area.

REGISTRATION REQUIRED.

COST: \$60 for a six-week session.

It's not necessary to have used a service of the Alzheimer Society of Montreal to participate in this group.

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

IN-PERSON GROUPS	
Alzheimer Society of Montreal — 4505, Notre-Dame Street West, Montreal	
FRENCH	ENGLISH
Wednesday from 9:30 to 11:30 a.m. March 1 to April 5, 2023	Tuesday from 1 to 3 p.m. March 7 to April 11, 2023

ONLINE GROUPS – ON ZOOM	
FRENCH	ENGLISH
Tuesday from 6:30 to 8:30 p.m. January 24 to February 28 AND Friday from 2 to 4 p.m. February 24 to March 31, 2023	Wednesday from 9:30 to 11:30 a.m. February 7 to March 14, 2023

Please note that additional groups can be created if needed.

SERVICES FOR CAREGIVERS

MONTHLY SUPPORT GROUPS

After attending all the sessions of a weekly support and information group, caregivers are invited to join a monthly group to continue receiving peer support and share their experiences. The issues addressed reflect the realities and needs expressed by participants.

REGISTRATION REQUIRED.

COST: \$60

Period from September 2022 to June 2023.

Groups may be joined throughout the year (cost calculated according to start date).

Please note that groups currently meet remotely, though an in-person option is also available. However, we ask you to choose a location and time slot that will work for you once in-person groups start up again.

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

CENTRE-SOUTH OF MONTREAL – IN-PERSON AND ONLINE VIA ZOOM	
Alzheimer Society of Montreal — 4505 Notre-Dame Street West, Montreal*	
FRENCH – Now in person*	ENGLISH – Online
4th Monday of the month: 1:30 to 3:30 p.m.	2nd Thursday of the month: 4 to 6 p.m.

EAST OF MONTREAL ONLINE – ZOOM	
CLSC Olivier Guimond — 5810 Sherbrooke Street East, Montreal*	
FRENCH	
4th Tuesday of the month: 1:30 to 3:30 p.m.	4th Wednesday of the month: 7 to 9 p.m.

WEST OF MONTREAL ONLINE — ZOOM	
CHSLD Bayview — 27 Lakeshore Road, Pointe-Claire*	
ENGLISH	
1st Monday of the month: 7 to 9 p.m.	1st Wednesday of the month: 7 to 9 p.m.

ONLINE — ZOOM	
Zoom group	
FRENCH	ENGLISH
1st Monday of the month: 1:30 to 3:30 p.m.	1st Thursday of the month: 6 to 8 p.m.

*Usual location of the groups.

SERVICES FOR CAREGIVERS

ART THERAPY FOR CAREGIVERS

These art therapy groups for caregivers of people with neurocognitive disorders provide a safe space for them to express themselves and share their life experiences through various artistic mediums. Participants will explore their identity, their role as a caregiver, and the emotions associated with this role. During the groups, the development of self-care tools through art and relaxation will be encouraged.



REGISTRATION REQUIRED

COST: Free. A kit of art materials will be provided to each participant. An assessment is required, and space may be limited.

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

VIRTUAL – VIA ZOOM
BILINGUAL
Tuesdays from 6:30 to 8:30 p.m. — January 24 to April 11, 2023
Thursdays from 10 a.m. to 12 p.m. — January 26 to April 13, 2023

ART THERAPY FOR PEOPLE WITH NEUROCOGNITIVE DISORDERS

The art therapy groups for people with neurocognitive disorders promote self-expression in a therapeutic setting. Each participant is invited to create according to his or her interests and abilities using different artistic materials. Art therapy offers a non-judgmental space where each person's strengths are brought to the fore. Please note that no experience is required to fully benefit from the workshops.



COST: \$60 for a six-month session.

No artistic experience is required. Registrations ongoing until the group is full.

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

IN PERSON

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

BILINGUAL

Monday 10 to 11:30 a.m.
January 16 to June 26, 2023

Monday 1:30 to 3 p.m.
January 16 to June 26, 2023

ONLINE – ZOOM

BILINGUAL

Fridays 10 to 11:30 a.m. | January 13 to June 16, 2023

INDIVIDUAL CONSULTATIONS

This service is available free of charge to people with Alzheimer’s disease, a mild cognitive impairment or a related disorder.

You will be welcomed by a professional who will guide you through the changes and challenges you are experiencing.

Information, support and resources await you.



COST: Free.

Contact us at 514-369-0800 or by email at accueil@alzheimermontreal.ca

SERVICES FOR PEOPLE WITH NEUROCOGNITIVE DISORDERS AND THEIR CAREGIVERS

IN-HOME RESPITE AND STIMULATION PROGRAM

Need a break? Qualified professionals from the Alzheimer Society of Montreal can provide you with a two- to four-hour respite period on a weekly basis. During your break, your loved one living with a neurocognitive disorder can enjoy stimulating therapeutic activities at home.

COST: Based on income.

An assessment will be done beforehand so we can offer adapted activities and services with a focus on the individual.

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



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MONTRÉAL

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SATURDAY ACTIVITY CENTRES

Funded by l'Appui pour les proches aidants.

The Alzheimer Society of Montreal has three activity centres located in Ahuntsic, Lachine and Saint-Henri. In each facility, clients can rely on qualified staff and volunteers with the knowledge and expertise required to meet the specific needs of participants and reassure families.

These activity centres provide a few hours of respite to caregivers and their families on Saturdays and therapeutic and stimulating activities to people with neurocognitive disorders.

COST: \$20 per Saturday.

An assessment based on certain criteria is required to adequately address the needs of the person with a neurocognitive disorder.

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



PERMANENT ACTIVITY CENTRE OF THE ALZHEIMER SOCIETY OF MONTREAL



Located in Montreal's Southwest borough, our activity centre is **safe, spacious, welcoming** and entirely designed to meet the needs of people with neurocognitive disorders and their caregivers.

Participants are accompanied by facilitators who are **qualified and trained** to effectively understand and communicate with people with Alzheimer's disease.

Our team provides a **caring and professional** service.

IN PERSON	
Alzheimer Society of Montreal — 4505 Notre-Dame Street West, Montreal	
FRENCH	ENGLISH
Thursday from 10 a.m. to 4 p.m. Starting August 23, 2022	Thursday from 10 a.m. to 4 p.m. Starting August 23, 2022

We are happy to welcome you on weekdays, with a schedule established according to demand. Contact us to reserve your place!

514 369-0800 | info@alzheimermontreal.ca

We thank the FFMSQ for their financial support, which allows us to offer quality services in our Permanent Activity Centre.



SERVICES FOR PEOPLE WITH NEUROCOGNITIVE DISORDERS AND THEIR CAREGIVERS



This program funds the next three activities. In addition, the presence of the research team is possible during the activities.

LAUGHTER YOGA – ONLINE – REGISTRATION REQUIRED

People with neurocognitive disorders and/or their caregivers can now participate in laughter yoga group session on Zoom.

Laughter Yoga is an exercise program developed by Dr. Madam Kataria. During the sessions, you will be guided through laughter exercises, adapted movement exercises and breathing exercises.

There are many benefits to a weekly laughter yoga practice for the cardiovascular system, respiratory system and immune system. It also has a positive effect on mood and reduces stress. Come and discover the benefits for yourself!

Wear comfortable clothes and shoes, bring your water bottle and join us!

COST: Free.

No experience required. Registrations ongoing until the group is full.

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

ONLINE – ZOOM

BILINGUAL

Mondays 10:30 to 11:30 a.m. | January 23 to March 27, 2023



SERVICES FOR PEOPLE WITH NEUROCOGNITIVE DISORDERS AND THEIR CAREGIVERS

CREATIVE DANCE WITH LES GRANDS BALLETS CANADIENS

This dance and movement activity is offered by the National Centre For Dance Therapy, a division of Les Grands Ballets Canadiens, and is adapted for people with neurocognitive disorders and their caregivers. Explore your creative potential and enjoy the benefits of physical activity!

People living with a neurocognitive disorders or caregivers can participate.

Dress comfortably, bring a water bottle and join us!

Presented by Carol Jones, dancer, choreographer and dance therapy intern.

COST: Free. No experience required.

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

IN PERSON

Édifice Wilder Espace Danse — 1435, de Bleury Street, 4th floor, Montreal

BILINGUAL

Wednesdays, 1:45 to 2:45 p.m. | January 18 to March 29, 2023



SERVICES FOR PEOPLE WITH NEUROCOGNITIVE DISORDERS AND THEIR CAREGIVERS

ART LINKS WITH THE MONTREAL MUSEUM OF FINE ARTS

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

COST: Free.

REGISTRATION REQUIRED by the Wednesday before the activity.

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

IN PERSON

Montreal Museum of Fine Arts
2200 Crescent Street

3rd Wednesday of the month
2 to 4 p.m.

January 18,
February 15,
March 15, 2023



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

Artwork by Angelina L.,
participant in the Art Links program.



SERVICES FOR PEOPLE WITH NEUROCOGNITIVE DISORDERS AND THEIR CAREGIVERS

TALES AND TRAVELS

People with neurocognitive disorders and their caregivers are invited to discover different countries during this weekly series of workshops. The aim of this program is to encourage interaction, conversation and self-expression through travel-themed discussions. Participants will explore countries through books, articles, discussions, music and similar activities.

COST: Free for Westmount Public Library members.

Register with DANIEL MIGUEZ at 514-989-5530 or dmiguez@westmount.org

IN PERSON	
Westmount Public Library — 4574 Sherbrooke Street West, Montreal	
BILINGUAL	
Tuesdays 1 to 1:45 p.m. January 17 to February 1 AND March 14 to April 11, 2023	Tuesdays 2:15 to 3 p.m. January 17 to February 1 AND March 14 to April 11, 2023



PUBLIC LECTURES

LECTURE 1 : WHAT YOU SHOULD KNOW ABOUT ALZHEIMER'S DISEASE

Lecture on the warning signs, progression and risk factors of Alzheimer's disease. Learn how to mitigate some of the risk factors and find out how the Alzheimer Society of Montreal's services can help you.

LECTURE 2 : AN INTRODUCTION TO ALZHEIMER'S DISEASE AND COMMUNICATION STRATEGIES

A lecture on common questions about Alzheimer's disease and neurocognitive disorders followed by an introduction to strategies for responding to changes in communication and behaviour.

LECTURE 3 : VISITING SOMEONE WITH ALZHEIMER'S: WHAT YOU SHOULD KNOW

Lecture on Alzheimer's disease and neurocognitive disorders with practical tips for visiting someone with the disease.

The speaker will provide participants with tips for optimizing time spent with a person with a neurocognitive disorder.

LECTURE 4 : CARING FOR THE CAREGIVER

A discussion on the role of caregivers and strategies for supporting them to reduce their stress.

Family and friends are welcome.

LECTURE 5 : AMBIGUOUS LOSS

Issues of grief and loss are among the most difficult to deal with when caring for someone with Alzheimer's disease or another neurocognitive disorder. Ambiguous loss differs from loss following a death in that closure is impossible while the person is still alive.

Fortunately, understanding loss and grief can help mitigate the effects of the disease.

COST: \$150 per one-hour session (including the question period).

Where: In person at the offices of the Alzheimer Society of Montreal or on Zoom

Language: French or English, as needed.

For information: education@alzheimermontreal.ca

WORKSHOPS FOR HEALTHCARE PRACTITIONERS AND PROFESSIONALS

MIEUX INTERVENIR, ÇA S'APPREND! (FRENCH ONLY)

A full 16-hour training course split into four modules.

Training objectives:

- Better understand Alzheimer's disease
- Adopt a person-centred approach
- Communicate effectively with a person living with a neurocognitive disorder
- Respond effectively to unusual behaviours

In person

COST : \$480 for four modules

WHERE : 4505 Notre-Dame Street West, Montreal

LANGUAGE : In French only

INTIMACY, SEXUALITY AND COGNITIVE DISORDERS

An in-depth exploration of the human need for intimacy, love and sexuality in people with neurocognitive disorders.

Target audience: Healthcare practitioners

In person and online – on Zoom

COST: \$60 for three and a half hours

WHERE: 4505 Notre-Dame Street West, Montreal

LANGUAGE: Bilingual

On-demand training: To register, contact our educational department:
education@alzheimermontreal.ca.

Train your teams now!

Training objectives

Learn how to better interact with and care for people living with a neurocognitive disorder (NCD).

TARGET AUDIENCE: Employees of seniors' residences.

COST: Free!

WHERE: The training is given at your residence



1

THREE-HOUR CORE CURRICULUM

Complete training where we look at the behavioural and psychological symptoms of NCDs and appropriate leisure activities for people with these conditions.

2

ONE-HOUR SPECIALIZED TRAININGS

One-hour training covering behavioural and psychological symptoms of NCDs.

3

COACHING

One-hour training on how to provide appropriate leisure activities to people living with NCDs.

To book the services

of a qualified trainer in your area, contact:

FRENCH: Isabelle Paquin | ipaquin@alzheimermontreal.ca

ENGLISH: Tamara Ciorra | tciorra@alzheimermontreal.ca

RECOGNIZE THE WARNING SIGNS OF ALZHEIMER'S DISEASE AND RELATED DISORDERS

In collaboration with the CIUSSS Centre Ouest and the CIUSSS Centre Sud



The Alzheimer Society of Montreal is collaborating with the Centre Ouest Integrated University Health and Social Services Centre and the Centre Sud Integrated University Health and Social Services Centre, which offer a comprehensive training program to identify the warning signs of neurocognitive disorders in people in seniors' residences.

TRAINING OBJECTIVE: Identify warning signs to detect the onset of a neurocognitive disorder (NCD) in people in seniors' residences.

This training is for French- and English-speaking residence employees of all levels.

COST: Free one-hour training

WHERE : At your residence

For more information and to book your training, contact your referring CIUSSS.



MY COGNITIVE HEALTH

#MYCOGNITIVEHEALTH

The Alzheimer Society of Montreal, in partnership with Quebec ami des aînés (QADA), presents the My Cognitive Health project.

RAISE AWARENESS, INFORM AND MOBILIZE.

A concrete effort to prevent dementia and maintain the cognitive health of Montreal's seniors.

Watch the My Cognitive Health videos [here](#).

Learn about the My Cognitive Health toolkit [here](#).

Could your community benefit from tools for raising awareness on maintaining cognitive health?

Contact us at info@alzheimermontreal.ca

For more information, visit www.instagram.com/masantecognitive

FOLLOW US ON:



@MONTREAL.ALZHEIMER (FACEBOOK)
@MONTREAL_ALZHEIMER (INSTAGRAM)
@MONTREAL_ALZH (TWITTER)

GUIDED YOGA AND RELAXATION

This gentle yoga class is made up of exercises performed mainly on a chair and is adapted to the needs of the participants. The class develops mobility, balance, coordination and relaxation.

All you'll need is a chair without armrests and a mat (non-slip surface).

The class is given by Annie de Grandmont, yoga teacher and member of the Alzheimer Society of Montreal's philanthropy team.

COST: Free.

Registration required. For all levels. No experience required.

You can join the group at any time throughout the session.

For more information, contact us at 514-369-0800 or by email at info@alzheimermontreal.ca

HYBRID FORMAT – ZOOM AND IN PERSON

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

BILINGUAL

Thursdays 10:30 to 11:15 a.m. | January 26 to March 30, 2023



A DAY OF CONFERENCES AND WORKSHOPS DEDICATED TO SCIENTIFIC ADVANCES IN ALZHEIMER'S DISEASE.

FEBRUARY 8, 2023

2023 Topic: Innovative practices from here and abroad 2.0: Supporting people with neurocognitive disorders.

Why participate in this conference?

- Learn about best practices in person-centered approach to care for people living with Alzheimer's and their caregivers.
- Learn about prevention and post-diagnosis trends in Quebec and elsewhere in the world
- Share information and experience with peers in the field
- Better understand the findings in the latest reports from the Alzheimer Society of Canada and Alzheimer's Disease International and discuss them with the scientists who produced them.



To register: <https://alzheimermontreal.ca/en/annual-barclay-family-colloquium/>

THE SOCIETY'S SIGNATURE EVENTS

ANNUAL BARCLAY FAMILY COLLOQUIUM

An educational event that promotes learning and sharing leading-edge information on family aging and neurocognitive disorders.

February 8, 2023

<https://alzheimermontreal.ca/en/annual-barclay-family-colloquium/>



IG WEALTH MANAGEMENT WALK FOR ALZHEIMER'S

A national awareness event held in May in over 250 communities.

May 28, 2023

<https://alzheimermontreal.ca/en/walk-for-alzheimers/>



HECTOR "TOE" BLAKE CELEBRITY GOLF TOURNAMENT

A sports-filled day with Montreal Canadiens alumni!

August 31, 2023

alzheimermontreal.ca/alzheimer-montreal-evenement-golf/

See pictures of the latest edition:

<https://bit.ly/3B1vRbP>

