

# SPRING/SUMMER PROGRAM

## APRIL TO AUGUST 2023



Artwork by Jürgen B., 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](http://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](mailto:info@alzheimermontreal.ca)

# SERVICES FOR CAREGIVERS

## INTAKE AND REFERRALS AND THE COUNSELLING NETWORK

Helping someone with a neurocognitive disorder involves many challenges.

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](mailto:info@alzheimermontreal.ca)



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## PRESENTATION OF TWO NEW COUNSELLORS



**Jessika Cecchini**

Caregivers' counsellors, Counselling-Netowork, West Island of Montreal

It was my passion for people that led me to complete my university education in Human Relations and Social Work. My desire to help people in a concrete and daily way led me to the Alzheimer Society of Montreal, after a few years in youth protection. It is a privilege for me to accompany caregivers in their unique journey.

I recently joined the Alzheimer Society of Montreal team as a Caregiver Advisor for the West Island of Montreal. I offer listening and support to caregivers of people living with a neurocognitive disorder. During free and confidential consultations, I help you identify and implement solutions that will allow you to improve your daily life.



**Éloïse Millet**

Counsellor for people living with a neurocognitive disorder

As a counsellor at the Alzheimer Society of Montreal since January 2023, after several years of experience as a neuropsychologist in France, I wish to offer individualized and adapted psychosocial support to people living with a neurocognitive disorder. While respecting the wishes and needs of each client, my goal is to offer :

- a confidential space to talk and support following the diagnosis
- information about neurocognitive disorders
- advice on maintaining a good quality of life
- Assistance in organizing daily life, setting up resources, and planning for the future

I look forward to offering you my services!

# SERVICES FOR CAREGIVERS

## ABOUT SUPPORT GROUPS FOR CAREGIVERS

<b>WHO</b> should attend these groups?	Caregivers who are supporting a person living with a neurocognitive disorder at home or remotely.
<b>WHO</b> facilitates the groups?	Professional and qualified facilitators.
<b>WHY</b> 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 deal with the most difficult aspects of caregiving.</p>
<b>WHERE</b> 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>
<b>HOW</b> 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](mailto:info@alzheimermontreal.ca)**

IN-PERSON GROUPS	
Alzheimer Society of Montreal — 4505, Notre-Dame Street West, Montreal	
FRENCH	ENGLISH
Friday from 2 to 4 p.m. May 5 to June 9	Tuesday from 1 to 3 p.m. June 13 to July 18

ONLINE GROUPS – ON ZOOM	
FRENCH	ENGLISH
Wednesday 6:30 to 8:30 p.m. April 12 to May 17 AND Wednesday 9:30 to 11:30 a.m. June 28 to August 9 (break on July 26) AND Thursday 6:30 to 8:30 p.m. July 13 to August 24 (break on August 3)	Wednesday 6:30 to 8:30 p.m. May 31 to July 5 AND Tuesday 9:30 to 11:30 a.m. June 12 to July 25

*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 2023 to June 2024.**

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](mailto:info@alzheimermontreal.ca)

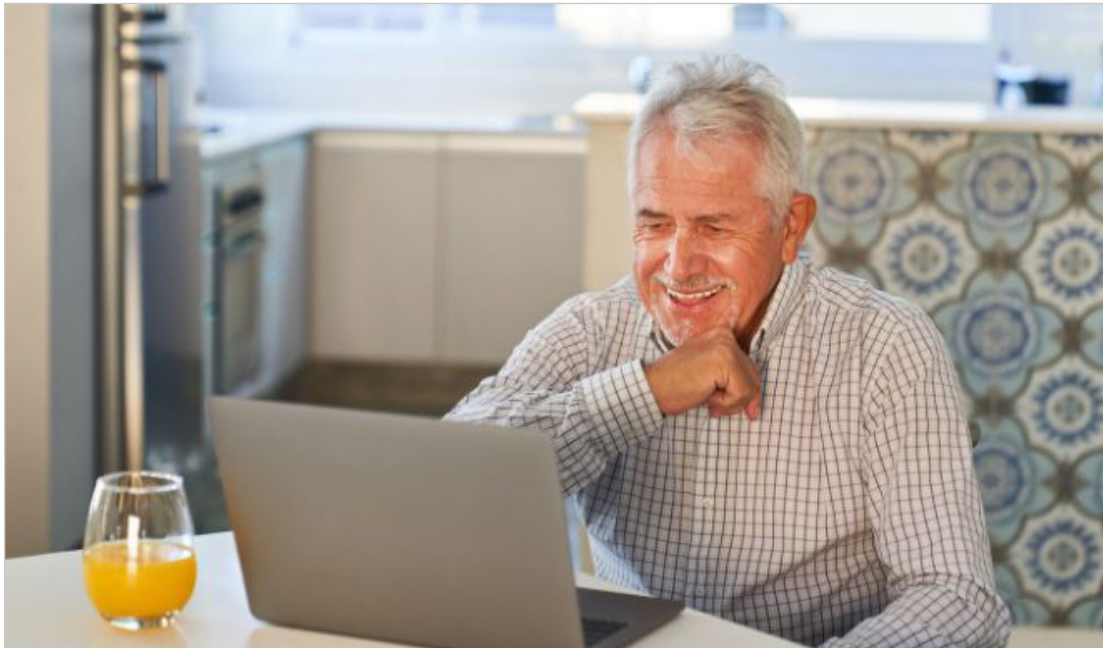
CENTRE-SOUTH OF MONTREAL – IN-PERSON AND ONLINE VIA ZOOM	
Alzheimer Society of Montreal — 4505 Notre-Dame Street West, Montreal*	
<b>FRENCH</b> – Now in person*	<b>ENGLISH</b> – Online
4 <sup>th</sup> Monday of the month: 1:30 to 3:30 p.m.	2 <sup>nd</sup> Thursday of the month: 4 to 6 p.m.
EAST OF MONTREAL ONLINE – ZOOM	
CLSC Olivier Guimond — 5810 Sherbrooke Street East, Montreal*	
<b>FRENCH</b>	
4 <sup>th</sup> Tuesday of the month: 1:30 to 3:30 p.m.	4 <sup>th</sup> Wednesday of the month: 7 to 9 p.m.
WEST OF MONTREAL ONLINE — ZOOM	
CHSLD Bayview — 27 Lakeshore Road, Pointe-Claire*	
<b>ENGLISH</b>	
1 <sup>st</sup> Monday of the month: 7 to 9 p.m.	1 <sup>st</sup> Wednesday of the month: 7 to 9 p.m.
ONLINE — ZOOM	
Zoom group	
<b>FRENCH – COMPLETE</b>	<b>ENGLISH</b>
1 <sup>st</sup> Monday of the month: 1:30 to 3:30 p.m.	1 <sup>st</sup> Thursday of the month: 6 to 8 p.m.

\*Usual location of the groups.

# SERVICES FOR CAREGIVERS



## THE SHARING ROOM



The Sharing Room offers five (5) virtual groups for caregivers of a person living with a neurocognitive disorder. These virtual groups provide a safe space for caregivers to meet, and share their experiences, to connect with others, and where everyone can express themselves about the challenges they face and find comfort, listening and understanding together.

FOR THE KIDS — ONLINE, ZOOM	
<b>FRENCH</b> – every 2 weeks Monday 6 :30 to 8 p.m. June 5 to August 14	<b>ENGLISH</b> – every 2 weeks Tuesday 6:30 to 8 p.m. May 16 to July 24

FOR SPOUSE/PARTNER — ONLINE, ZOOM	
<b>FRENCH</b> – every 2 weeks Tuesday 10 to 11:30 a.m. From June 6 to August 15	<b>ENGLISH</b> – every 2 weeks Thursday 1:30 to 3 p.m. From May 18 to July 27

FOR FAMILY MEMBERS AND FRIENDS — ONLINE, ZOOM	
<b>BILINGUAL</b> – every 2 weeks Thursday 3:30 to 5 p.m. — From May 18 to July 27	

To register, please click on the link below and complete the form:  
<https://forms.office.com/r/GnqKzfzmHy>



## ART THERAPY FOR PEOPLE LIVING WITH A NEUROCOGNITIVE DISORDER

The art therapy groups for people living with a neurocognitive disorder 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.



**COST: \$60 for a six-month session (January to June and July to December, The next session will begin in July 2023).**

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

**For more information or to register: 514-369-0800 | [info@alzheimermontreal.ca](mailto:info@alzheimermontreal.ca)**

<b>IN PERSON</b>	
Alzheimer Society of Montreal — 4505 Notre-Dame Street West, Montreal	
<b>BILINGUAL</b>	
Monday 10 to 11:30 a.m.	Monday 1:30 to 3 p.m.
<b>ONLINE – ZOOM</b>	
<b>BILINGUAL</b>	
Fridays 10 to 11:30 a.m.	

## 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

**Counsellor for people living with a neurocognitive disorder:** Ms. Éloïse Millet

**For more information and to register:**

514-369-0800 | [accueil@alzheimermontreal.ca](mailto:accueil@alzheimermontreal.ca)

# SERVICES FOR PEOPLE LIVING WITH A NEUROCOGNITIVE DISORDER 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](mailto:info@alzheimermontreal.ca)**



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# SERVICES FOR PEOPLE LIVING WITH A NEUROCOGNITIVE DISORDER AND THEIR CAREGIVERS

## 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](mailto:info@alzheimermontreal.ca)**



# SERVICES FOR PEOPLE LIVING WITH A NEUROCOGNITIVE DISORDER AND THEIR CAREGIVERS

## 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	BILINGUAL
Thursday From 10 a.m. to 4 p.m.	Tuesday From 10 a.m. to 4 p.m.	Wednesday From 10 a.m. to 1 p.m.

**We are happy to welcome you on weekdays, with a schedule established according to demand. Contact us to register!**

**514 369-0800 | [info@alzheimermontreal.ca](mailto: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 LIVING WITH A NEUROCOGNITIVE DISORDER AND THEIR CAREGIVERS

## LAUGHTER YOGA – ONLINE – REGISTRATION REQUIRED

People living with a neurocognitive disorder and/or their caregivers can now participate in laughter yoga groupe 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](mailto:info@alzheimermontreal.ca)**

**ONLINE – ZOOM**

**BILINGUAL**

**Mondays 10:30 to 11:30 a.m. | April 24 to August 21, 2023**



# SERVICES FOR PEOPLE LIVING WITH A NEUROCOGNITIVE DISORDER AND THEIR CAREGIVERS

## 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.**

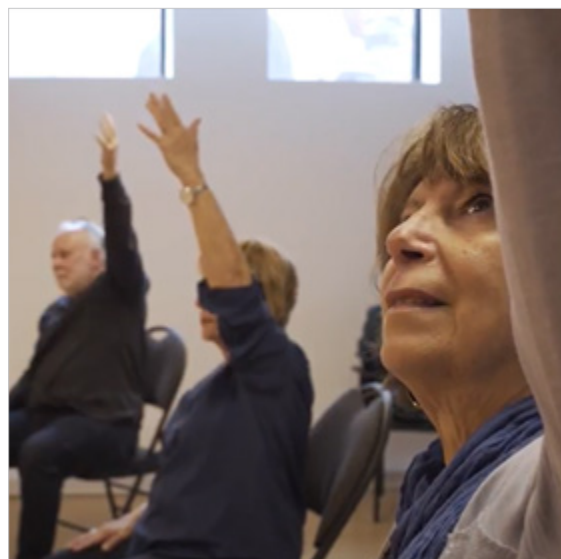
**Registration required. For all levels. No experience required.**

**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](mailto:info@alzheimermontreal.ca)

**The in person groupe is COMPLETE. You can join the Zoom group, or add your name to the waiting list. Please contact us.**

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.   April 20 to August 24, 2023



# SERVICES FOR PEOPLE LIVING WITH A NEUROCOGNITIVE DISORDER 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 living with a neurocognitive disorder 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](mailto:info@alzheimermontreal.ca)

**COMPLETE. Waiting list available. Please contact us.**

IN PERSON
Édifice Wilder Espace Danse — 1435, de Bleury Street, 4 <sup>th</sup> floor, Montreal
BILINGUAL
Wednesdays 1:45 to 2:45 p.m.   May 3 to August 23, 2023





# SERVICES FOR PEOPLE LIVING WITH A NEUROCOGNITIVE DISORDER AND THEIR CAREGIVERS

## ART LINKS WITH THE MONTREAL MUSEUM OF FINE ARTS

People living with a neurocognitive disorder 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](mailto:info@alzheimermontreal.ca)

IN PERSON
Montreal Museum of Fine Arts 2200 Crescent Street
3rd Wednesday of the month 2 to 4 p.m. April 19, May 17, June 14, July 19 and August 16, 2023
 MONTREAL MUSEUM OF FINE ARTS

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 I.,  
participant in the Art Links program.



# SERVICES FOR PEOPLE LIVING WITH A NEUROCOGNITIVE DISORDER AND THEIR CAREGIVERS

## TALES AND TRAVELS

People living with a neurocognitive disorder 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](mailto:dmiguez@westmount.org)**

IN PERSON	
Westmount Public Library — 4574 Sherbrooke Street West, Montreal	
BILINGUAL	
Tuesday 1 to 3 p.m. May 16 to June 13, 2023	Friday 10:30 a.m. to 12:30 p.m. May 19 to June 16, 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](mailto:education@alzheimermontreal.ca)

## INTIMACY, SEXUALITY AND COGNITIVE DISORDERS



A workshop that explores in depth the human needs for intimacy, love and sexuality of people with neurocognitive disorders.

**TARGET AUDIENCE :** Health care providers

In person and Online – Via Zoom

**COST:** \$135

**LOCATION:** 4505 Notre-Dame Street West, Montreal

**LANGUAGE :** Bilingual

### FIRST AID: INTERVENING EFFECTIVELY WITH A CLIENT LIVING WITH A NCD AND SOLUTIONS FOR THE CAREGIVER

Training offered by Ms. Cindy Walford Bergeron



Cindy graduated from the RCMP in 1987 and began her policing career in Northern Ontario. During a 9 month tour of duty in Kosovo in the former Yugoslavia, she worked with a team of field psychologists who monitored the troops for signs of post traumatic stress and compassion fatigue. Returning to Canada in 2001, she began her studies in pre-hospital medicine at New York State Emergency Medical Services and became a certified critical care paramedic with the National Association of Emergency Medical Technicians in 2007. Cindy will be certified as a NAEMSE (National Association of Emergency Medical Services Educator) instructor and will become a Master Instructor for the Heart and Stroke Foundation in Canada. Instructor, speaker, police officer and paramedic, Cindy fights with passion, determination and energy to preserve our most precious resource; the human.

#### Session for Health Care Providers

Face-to-face, April 19-20, 2023

**COST:** \$540 per participant

**LOCATION:** 4505 Notre-Dame Street West, Montreal

**LANGUAGE:** Bilingual

#### Sessions for caregivers (3 sessions)

Each session has a theme and two dates of the participant's choice.

Session 1\*: March 31 or April 21, 2023

Session 2\*: May 5 or May 26, 2023

Session 3\*: June 2 or June 16, 2023

\*Each session will take place on Friday afternoon.

For more information and to register, please contact our Education Department: [education@alzheimermontreal.ca](mailto:education@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.**



## 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.**

**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.

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: Sarah Errou | [serrou@alzheimermontreal.ca](mailto:serrou@alzheimermontreal.ca)**

**ENGLISH: Tamara Ciorra | [tcorra@alzheimermontreal.ca](mailto:tcorra@alzheimermontreal.ca)**

### COACHING FOR PROFESSIONALS WHO ARE DESERVING PEOPLE LIVING WITH A NEUROCOGNITIVE DISORDER



The educational service offers coaching sessions for you, your team or your organization in order to move towards your organizational and/or client care objectives.

The caring and expertise of our counsellors will be invaluable in facilitating the support of your clients.

**TARGET AUDIENCE:** caregivers, health professionals and institutions caring for people living with a neurocognitive disorder.

**COST:** \$125 per hour

**LOCATION:** personalized approach in your organization

To book coaching services, contact us at [education@alzheimermontreal.ca](mailto:education@alzheimermontreal.ca) — 514-369-0800



## CONFÉRENCE

Alzheimer's and cognitive disorders: the state of science on prevention

**CONFÉRENCE GRATUITE**

« *Alzheimer et troubles cognitifs;  
l'état de la science sur la prévention* »

**2 mai 2023 à 19h**

Éric Simard, docteur en biologie et chercheur

Présenté par  
**Société Alzheimer Society**  
MONTREAL

This conference given by Mr. Éric Simard, doctor in biology and researcher, will allow you to learn more about the scientific advances surrounding Alzheimer's disease and related disorders. In addition, Mr. Simard will present the best practices in preventive behaviours recommended by science to maintain a good cognitive health.

**TARGET AUDIENCE:** Everyone

**LANGUAGE:** French

**COST:** Free

**DATE:** May 2, 2023, 7 p.m.

**LOCATION:** via Zoom

**Login link:** [https://us02web.zoom.us/webinar/register/WN\\_ISPbQP9TStyHW77WBkIDsg](https://us02web.zoom.us/webinar/register/WN_ISPbQP9TStyHW77WBkIDsg)

*It's a date, this May 2, 2023, at 7pm!*

For any inquiry, please contact the educational services:  
[education@alzheimermontreal.ca](mailto:education@alzheimermontreal.ca)

## ANNUAL GENERAL MEETING 2023

The Annual General Meeting (AGM)  
will take place on **THURSDAY, JUNE 15, 2023,**  
**from 3:30 to 4:30 p.m.**  
at the Georges-Vanier Cultural Center  
2450 Workman Street, Montreal, QC H3J 1L8.

The AGM will be followed by a vernissage of artworks created by participants in the art therapy workshops for caregivers. You are welcome to attend!

**To attend the 2023 AGM, please register**  
at [info@alzheimermontreal.ca](mailto:info@alzheimermontreal.ca)

*We look forward to seeing you on **June 15!***



## 2023 IG WEALTH MANAGEMENT WALK FOR ALZHEIMER'S



The 19th edition of the Montreal Walk for Alzheimer's will take place on **SUNDAY, MAY 28, 2023**, in person.

The IG Wealth Management Walk for Alzheimer's is a national awareness event that takes place in **over 250 communities across Canada**.

It's the largest fundraising event for dementia in the country.

**Join us in showing support for the 500,000 Canadians living with a neurocognitive disorder and for their caregivers!**

**Sign up now** to form your team of walkers and set your collection goal.

**WHO are you walking for** this year?



## THE HECTOR "TOE" BLAKE CELEBRITY GOLF TOURNAMENT AWAITS YOU ON **AUGUST 31, 2023!**



Presented by the **Alzheimer Society of Montreal** and **Raymond James Ltd**, with a special collaboration from the *Montreal Canadiens* Alumni, this tournament is a major fundraising event, in honour of the *Montreal Canadiens* Alumni who have been touched by Alzheimer's disease.

For this vegas round of golf, we invite you to the superb **Rouge course of the St-Raphaël Golf Club**, on Île Bizard, only 45 minutes from downtown Montreal!



**Register now** and join us on **August 31, 2023!**



The representatives of the Montreal Canadiens Alumni who were with us for the 2022 golf tournament.

## SUMMARY TABLES OF ACTIVITIES

SERVICES FOR CAREGIVERS					
Activity	Format	Location	Language	2023 Schedule	Cost
<b>Intake and referrals and the Counselling Network</b>	Hybrid	Zoom or Alzheimer Society of Montreal, 4505 Notre-Dame Street West, Montreal	Bilingual	According to the demand. Please contact us!	Free
<b>Weekly groups – Support and information</b>	In person	Alzheimer Society of Montreal, 4505 Notre-Dame Street West, Montreal	French	Friday 2 to 4 p.m. May 5 to June 9	\$60 per six-week session
			English	Tuesday 1 to 3 p.m. June 13 to July 18	
	Virtual	Zoom	French	Wednesday 6:30 to 8:30 p.m. April 12 to May 17	
				Wednesday 9:30 to 11:30 a.m. June 28 to August 9 (break on July 26)	
			English	Thursday 6:30 to 8:30 p.m. July 13 to August 24 (Break on August 3)	
				Wednesday 6:30 to 8:30 p.m. May 31 to July 5	
English	Tuesdays 9:30 to 11:30 a.m. June 12 to July 25				

## SUMMARY TABLES OF ACTIVITIES

SERVICES FOR CAREGIVERS					
Activity	Format	Location	Language	2023 Schedule	Cost
				September 2023 to June 2024	
<b>Monthly support groups</b>	In person and virtual	Zoom Alzheimer Society of Montreal, 4505 Notre-Dame Street West, Montreal	French In person	4 <sup>e</sup> Monday of the month 1:30 to 3:30 p.m.	\$60 per six-week session
			English virtual	2 <sup>nd</sup> Thursday of the month 4 to 6 p.m.	
		Zoom CLSC Olivier Guimond 5810 Sherbrooke Street East, Montreal	French	4 <sup>e</sup> Tuesday of the month 1:30 to 3:30 p.m.	
				4 <sup>e</sup> Wednesday of the month 7 to 9 p.m.	
		Zoom CHSLD Bayview 27 Lakeshore Drive, Pointe-Claire	English	1 <sup>st</sup> Monday of the month 7 to 9 p.m.	
				1 <sup>st</sup> Wednesday of the month 7 to 9 p.m.	
		Zoom Zoom Group	French <b>COMPLETE</b>	1 <sup>st</sup> Monday of the month 1:30 to 3:30 p.m.	
			English	1 <sup>st</sup> Thursday of the month 6 to 8 p.m.	
<b>The sharing room</b>	On line	For kids every 2 weeks	French	Monday 6 :30 to 8 :30 p.m. June 5 to August 14	Free
			English	Tuesday 6:30 to 8 p.m. May 16 to July 24	
		For spouse/partner every 2 weeks	French	Tuesday 10 to 11:30 a.m. From June 6 to August 15	
			English	Thursday 1 to 3:30 p.m. From May 18 to July 27	
		For family members and friends every 2 weeks	Bilingual	Thursday 3:30 to 5 p.m. From May 18 to July 27	

## SUMMARY TABLES OF ACTIVITIES

### SERVICES FOR PEOPLE LIVING WITH A NEUROCOGNITIVE DISORDER

Activity	Format	Location	Language	2023 Schedule	Cost
<b>Art therapy</b>	In person	Alzheimer Society of Montreal, 4505 Notre-Dame Street West, Montreal	Bilingual	Mondays 10 to 11:30 a.m. AND 1:30 to 3 p.m.	\$60 for a six-month session. (January to June and July to December. Next session will begin in July 2023.)
	Virtual	Zoom	Bilingual	Fridays 10 to 11:30 a.m.	
<b>Individual consultations</b>	Hybrid	Zoom or Alzheimer Society of Montreal, 4505 Notre-Dame Street West, Montreal	Bilingual	Upon request	Free

## SUMMARY TABLES OF ACTIVITIES

### SERVICES FOR PEOPLE LIVING WITH A NEUROCOGNITIVE DISORDERS AND THEIR CAREGIVERS

Activity	Format	Location	Language	2023 Schedule	Cost
<b>In-home respite and stimulation program</b>	In person	At home	Bilingual	Upon request	Based on income
<b>Saturday activity centres</b>	In person	The Alzheimer Society of Montreal has three activity centres located in <b>Ahuntsic, Lachine and Centre-South.</b>	Bilingual	Every Saturday	\$20 per Saturday
<b>Permanent Activity Centre of the Alzheimer Society of Montreal</b>	In person	Alzheimer Society of Montreal, 4505 Notre-Dame Street West, Montreal	French	Thursday 10 a.m. to 4 p.m.	For more information, contact us at <b>514-369-0800</b> or by email at <b>info@alzheimermontreal.ca</b>
			English	Tuesday 10 a.m. to 4 p.m.	
			Bilingual	Wednesday 10 a.m. to 1 p.m.	
<b>Laughter yoga</b>	On line	Zoom	Bilingual	Mondays 10:30 to 11:30 a.m. April 24 to August 21	Free
<b>Guided yoga and relaxation</b> <span style="color: red; font-weight: bold;">The in person group is COMPLETE. You can join the Zoom group, or add your name to the waiting list. Please contact us.</span>	Hybrid	Zoom or Alzheimer Society of Montreal, 4505 Notre-Dame Street West, Montreal	Bilingual	Thursdays 10:30 to 11:15 a.m. April 20 to August 24	Free
<b>Creative Dance with Les Grands Ballets Canadiens</b> <span style="color: red; font-weight: bold;">COMPLETE. Waiting list available. Please contact us.</span>	In person	Édifice Wilder Espace Danse 1435 de Bleury Street, 4 <sup>th</sup> floor, Montreal	Bilingual	Wednesday 1:45 to 2:45 p.m. May 3 to August 23	Free
<b>Art Links with the Montreal Museum of Fine Arts</b>	In person	Montreal Museum of Fine Arts, 2200 Crescent Street, Montreal	Bilingual	3 <sup>rd</sup> Wednesday of the month, 2 to 4 p.m. April 19, May 17, June 14, July 19 and August 16	Free
<b>Tales and Travels</b>	In person	Westmount Public Library 4574 Sherbrooke West Street, Montreal	Bilingual	Tuesday 1 to 3 p.m. May 16 to June 13  Friday 10:30 a.m. to 12:30 p.m. May 19 to June 16	Free for members of the Westmount Public Library.



## SUMMARY TABLES OF ACTIVITIES

SERVICES FOR PROFESSIONALS AND ORGANIZATIONS					
Activity	Description	Format	Location	Language	Cost
<b>PUBLIC LECTURES</b>	LECTURE 1: What you should know about Alzheimer's disease	Hybrid	Zoom  or  Alzheimer Society of Montreal, 4505 Notre-Dame Street West, Montreal	French or English, upon request	\$150 for 1 hour (including question period)
	LECTURE 2: An introduction to Alzheimer's disease and communication strategies				
	LECTURE 3: Visiting someone with Alzheimer's: what you should know				
	LECTURE 4: Caring for the caregiver				
	LECTURE 5: Ambiguous loss				

## SUMMARY TABLES OF ACTIVITIES

### PROGRAMMING SERVICES FOR PROFESSIONALS AND ORGANIZATIONS

Activity	Description	Format	Location	Language	2023 Schedule	Cost
For more information and to register for our workshops and training sessions, contact our educational department: 514-369-0800   education@alzheimermontreal.ca						
<b>Intimacy, sexuality and cognitive disorders</b>		In person and online	Alzheimer Society of Montreal, 4505 Notre-Dame Street West, Montreal	Bilingual	on request	\$135
<b>Workshops for stakeholders health care providers</b>	First aid: intervening effectively with a client living with a ncd and solutions for the caregiver	In person	Alzheimer Society of Montreal, 4505 Notre-Dame Street West, Montreal	Bilingual	April 19-20	\$540
	Recognize the warning signs of alzheimer's disease and related disorders	In person	At your residence	French or English, as required	on request	Free One (1) hour duration.
	Mon milieu de vie	In person	At your residence	French or English, as required	on request	Free
	Coaching for professionals who are deserving people living with a neurocognitive disorder	In person	Personalized approach in your organization	French or English, as required	on request	\$125/h
<b>Conference</b>	Alzheimer's and cognitive disorders: the state of science on prevention	Online	Zoom	French	May 2, 2023 7 p.m.	Free
<b>Workshop for caregivers</b>	First aid: intervening effectively with a client living with a ncd and solutions for the caregiver	In person	Alzheimer Society of Montreal, 4505 Notre-Dame Street West, Montreal	Bilingual	Session 1 March 31 or April 21 Session 2 May 5 or May 26 Session 3 June 2 or June 16	Contact us

## SUMMARY TABLES OF ACTIVITIES

SERVICES FOR ALL					
Activity	Format	Location	Language	2023 Schedule	Cost
<b>AGM</b>	In person	Georges-Vanier Cultural Center 2450 Workman Street, Montreal, QC H3J 1L8.	Bilingual	Thursday June 15 3:30 to 4:30 p.m.  The AGM will be followed by a vernissage of artworks created by participants in the art therapy workshops for caregivers. You are welcome to attend!	Free
<b>IG Wealth Management Walk for Alzheimer's</b>	A national awareness event held in May in over 250 communities – Sunday, May 28, 2023. REGISTER HERE: <a href="https://www.imakeanonlinedonation.org/socalzh/campaign/marche?OrgName=socalzh&amp;CampaignName=marche">https://www.imakeanonlinedonation.org/socalzh/campaign/marche?OrgName=socalzh&amp;CampaignName=marche</a>				
<b>Hector "Toe" Blake Celebrity Golf Tournament</b>	A sports-filled day with Montreal Canadiens Alumni August 31, 2023. REGISTER HERE: <a href="https://alzheimermontreal.ca/en/golf-tournament">https://alzheimermontreal.ca/en/golf-tournament</a>				