

Your Financial Support is Vital

Enclosed is my donation of:

\$50 \$100 \$250

I'd prefer \$ _____

To receive a tax receipt, please provide your mailing address.

Name: _____

Address: _____

City: _____

Postal Code: _____

Phone: _____

Email: _____

Providing your email, gives consent to Alzheimer Society of Perth County to communicate with you electronically

- I wish to remain anonymous.
- I would like to receive information about including Alzheimer Society of Perth County in my will.

Please charge to my: Visa Master Card

Card Holder Name: _____

Card Number: _____

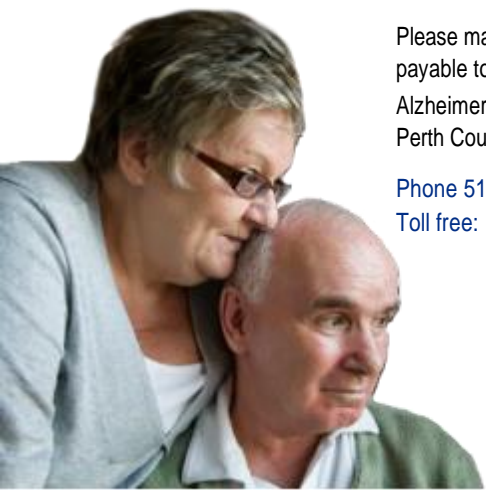
Expiry Date: _____

A charity tax receipt will be issued for all donations over \$20.00

Donate online at:
www.alzheimerperthcounty.com

Please make all cheques payable to:
Alzheimer Society of
Perth County

Phone 519-271-1910
Toll free: 1-888-797-1882



Alzheimer Society

PERTH COUNTY

Help for Today.
Hope for Tomorrow ...[®]

The Alzheimer Society of Perth County receives only two-thirds of our operational funding from the Ministry of Health and Long Term Care. The remainder of our work is funded by the community we serve through individual donations, corporate sponsorships, and our fundraising events. All funds raised in Perth County are reinvested in programs and services delivered in Perth County. Presently we offer these programs and services at no cost to our clients.

As the need continues to grow, your support is more important now than ever before. To make a contribution, or participate in our fundraising events, please fill out the attached pledge card and return it to our office or donate securely online at

www.alzheimerperthcounty.com.

Alzheimer Society

PERTH COUNTY

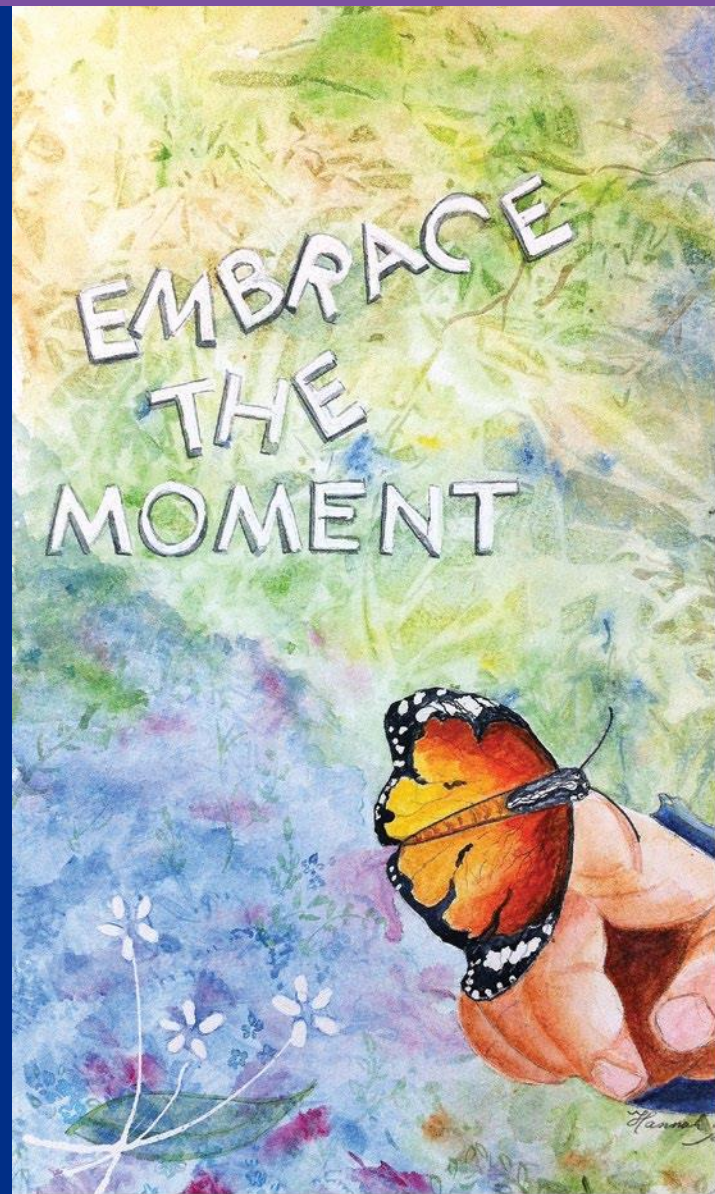
1020 Ontario St., Unit 5
Stratford Ontario N5A 6Z3
519-271-1910

820 Main St. East
Listowel, Ontario N4W 3L3
519-418-1911

Toll-free: 1- 888-797-1882
Fax: 519-271-1231

www.alzheimerperthcounty.com

Charitable Registration Number:
13150 3138 RR0001



Our Mission

Our mission is to advocate and promote the development of support services, education and research for those affected by Alzheimer's disease and other dementias, and their caregivers in Stratford and Perth County. We offer a wide range of support programs and services for individuals at all stages of dementia, their families and caregivers, health professionals and the general public.

What is Dementia?

Dementia is not a disease but a set of symptoms which includes loss of memory, understanding and judgement.

Alzheimer's disease is the most common form of dementia in Canada accounting for almost two-thirds of all diagnoses.

OTHER DEMENTIAS MAY INCLUDE:

Vascular dementia
Frontotemporal dementia
Lewy body dementia
Creutzfeldt-Jakob disease

What is Alzheimer's Disease?

Alzheimer's disease is a progressive, degenerative disease that destroys brain cells. It is NOT a normal part of aging.

Symptoms include memory decline, changes in judgement or reasoning and the inability to perform familiar tasks.

In Stratford and Perth County there are approximately 1800 people over age 65 that have been diagnosed with dementia. Alarmingly, there are hundreds more who remain undiagnosed.

As the baby boomer population ages, the prevalence of dementia is forecasted to almost double within a generation.



Care, Compassion and Learning

Through First Link®, the Alzheimer Society of Perth County provides education and support specifically geared towards those either living with or affected by Alzheimer's disease and other dementias. We are available to offer support and learning throughout the continuum of the disease. Our programs and services include:

First Link® Learning Series

Facilitated by our Public Education Coordinator, the Learning Series offers a comprehensive overview of dementia, coping strategies, resources and support systems. Participants are offered an opportunity to share and connect with others embarking on a similar journey.

Counselling & Support

Our First Link® Counsellors provide in-office or in-home assessments and work with all those involved to develop an individualized response to meet the clients' needs. Services provided may also include individual and family counselling, advocacy, enhanced behaviour support and referral to community resources.

Support Groups

Monthly support groups for caregivers as well as those living with dementia are facilitated by our First Link® Support Counsellors. These groups allow participants to develop coping strategies and to support and learn from each other.

Learning the Ropes for Living with Mild Cognitive Impairment™

This 14 hour program is aimed at community dwelling older adults experiencing Mild Cognitive Impairment (MCI) and their close family member/friend. The focus is on optimizing cognitive health through lifestyle choices, memory training and psychosocial support. A physician's referral is required. A fee applies.

iPods for Memories

Individualized music program for people in middle to later stages of dementia using iPods as a way to help improve mood, enhance communication, provide a calming effect and reduce aggression and depression among those with Alzheimer's disease and other dementias.

Minds in Motion®

This program is for people living with early to mid-stage Alzheimer's disease or other dementias and their family member. The program runs weekly for 8 weeks in a community recreation centre. It includes a combination of physical activity and mentally stimulating activities. Participants have the opportunity to socialize and have fun. A small fee applies.

Medic Alert® Safely Home®

This nation-wide program provides emergency contact information and critical health information for registered participants who wear a specially engraved identification bracelet. An emergency 24 hour hotline is staffed by medically trained specialists who communicate with police and emergency responders. An annual fee applies.

Public Education Programs

Education programs are available for the general public, volunteers, and health care professionals. Programs include: Dementia Friendly Communities, Gentle Persuasive Approaches®, Heads Up for Healthier Brains, Living Inside the Frail Elderly (LIFE) Age simulation workshop, elementary and high school education along with customizable education and training for general interest community and business groups. Donations are welcome.

Lending Library

Our small library features a collection of information about Alzheimer's disease and other dementias. A variety of resources including books and DVDs are available to view on a sign out basis.

Social Recreation Programs

Persons living with dementia and their caregivers are invited to participate in regular social opportunities. Programs such as art, fitness and cooking improve socialization and reduce isolation. Programs are available as staff and funds permit.

Volunteer Opportunities

As the need for our services continues to grow, there are many volunteer opportunities available. Visit our website at www.alzheimerperthcounty.com for more information or to fill out a volunteer application. Thank you to all who have or continue to give of your time! We couldn't do it without you!

SOME OF THESE PROGRAMS ARE FUNDED IN PART BY

