

## What You Can Do

- Call us at 519-421-2466 or toll free at 1-877-594-2368
- Visit us at our website [www.alzheimer.ca/oxford](http://www.alzheimer.ca/oxford)
- Email us at [info@alzheimer.oxford.on.ca](mailto:info@alzheimer.oxford.on.ca)
- Sign up for our eNewsletter [www.alzheimer.ca/oxford](http://www.alzheimer.ca/oxford)
- Drop in to our office
- Attend an education program
- Participate in a fundraising event
- Consider joining a support group
- Borrow books and videos from our resource library
- Make a donation
- Ask our education staff to speak to your group
- Volunteer at the Alzheimer Society of Oxford

### Our Mission:

To improve the quality of life for people and their caregivers living with Alzheimer's disease and other dementias.

### Thank you very much to our Program & Education sponsors:

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Vic & Judi VanDeCappelle

PROGRAM SPONSOR

Jack & Jean Wettlaufer

COMMUNITY SPONSORS

Dr. Don & Mrs. Lisa Miettinen

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### For information or support contact us:

Alzheimer Society of Oxford  
575 Peel Street  
Woodstock, ON N4S 1K6

519-421-2466  
1-877-594-2368

[info@alzheimer.oxford.on.ca](mailto:info@alzheimer.oxford.on.ca)  
[www.alzheimer.ca/oxford](http://www.alzheimer.ca/oxford)

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## Programs & Services



Help for Today.  
Hope for Tomorrow...®

***“No one should go  
through this journey alone.  
So, come with us.  
We can help in so many ways.”***

*Shelley Green  
Executive Director*

### **Support Services**

A wide range of services, including individual support and monthly groups, are available to meet the needs of those affected by dementia. Care providers and those with memory loss are supported throughout the continuum of the disease.

### **Education**

Programs and workshops are offered for individuals and families, caregivers, health-care workers, the general public and students to increase awareness about Mild Cognitive Impairment, Alzheimer’s disease and other dementias.

### **Volunteer Companion Program**

Our in-home support service matches trained volunteers who provide companionship to the person with dementia and relief to caregivers.

### **Medic Alert® Safely Home®**

The Society can facilitate registration in the Medic Alert® Safely Home® program recognized across North America to help people with dementia live as safely as possible.

Visit [www.medicalert.ca/safelyhome](http://www.medicalert.ca/safelyhome) or call 1-855-581-3794 for more information.

### **Resource Centre**

Our lending library, open to the public, offers a variety of dementia resources including books, DVDs, videos and magazines, as well as literature from related community resources. Also visit [www.healthline.ca](http://www.healthline.ca) for more information.

**“I still have  
a whole lot  
of *living*  
to do.”**

From “Adding Life to Years, Not  
Years to Life” Daniel Kuhn, MSW  
Alzheimer’s Care Today

### ***What is Dementia?***

- ◆ Alzheimer’s disease and other dementias are progressive, degenerative diseases that destroy vital brain cells. This process is not a normal part of aging.
- ◆ Symptoms of Alzheimer’s disease and other dementias include gradual onset and continuing decline of memory, changes in judgment and reasoning, and decreased ability to perform familiar tasks.
- ◆ There is no known cause or cure for dementia. However, medication is available to alleviate some of the symptoms.

### **Volunteer Opportunities**

At the Alzheimer Society of Oxford volunteers **MAKE THE DIFFERENCE**. The Society has many volunteer opportunities available to suit your needs and talents. Volunteers will experience a great feeling of satisfaction and reward through volunteering with the Society.

### **Your Support**

Through the generosity and commitment of our donors, the Alzheimer Society of Oxford can help meet the needs of individuals and families affected by Alzheimer’s disease and other dementias in our community. With the current and projected rise in incidence, we need your help more than ever. Please visit our website or contact our office for information on how you can offer your financial support.

*“I can’t imagine what the last few years would have been like for our family, and especially my parents, if they had not contacted the Alzheimer Society for help when Mom was diagnosed with Alzheimer’s disease. The Alzheimer Society of Oxford has given us the education and support we needed during Mom’s journey, as well as a compassionate shoulder to lean on.”*

*Joanne Does*