



# NOVEMBER IS MAKE A WILL MONTH

It is **Make a Will** month. With the rising tide of dementia and other brain related diseases, it is crucial that Canadians complete a valid and up-to-date Will and Powers of Attorney for Property and Personal Care before any potential capacity issues arise. We are urging **everyone** to complete their Will and Powers of Attorney. **Learn more** by [clicking here](#) or visit <http://bit.ly/2xVC4oD>.



## Watch the *new* Public Service Announcement from Finding Your Way®

Finding Your Way has a new PSA out to highlight the risks of going missing for people living with dementia. Watch the video, then share online to help spring your network into action!

**WATCH NOW** by [clicking here](#) or visit: <http://bit.ly/2xSswug>



## Fall Prevention Month – #PreventFalls2018

November is also Fall Prevention Month. To reduce the risk of trips and falls for people living with dementia, we've written a blog about some steps one can take. As the weather gets colder and the ground freezes over, we all start to feel a little unsteady in our footing. But for people living with dementia, the fear of falling can be more than an occasional thought in the wintertime.

**Read the blog** by [clicking here](#) or visit: <http://bit.ly/2xWgd0k>

**Holiday Tips and Strategies**

- Meaningful Activities
- Visiting & Hosting Family
- Gift Ideas for Persons Living With Dementia
- Self-Care Wish List

Guest Speaker: **Jessica Pace**  
Education Coordinator, Alzheimer Society of Niagara Region  
**Wednesday, November 28, 2018**  
**10:00 - 11:00am**  
Pfizer Room  
Alzheimer Society of Niagara Region  
#1 - 403 Ontario St., St. Catharines

**REGISTER TODAY!**  
905-687-3914  
To Register Online:  
[Click Here.](#)




**Art Expressions!**



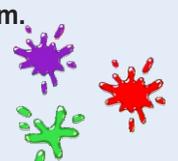
"If you could say it in words, there would be no reason to paint."  
- Edward Harper

The Art Program offers participants who are living with dementia and their care partners the opportunity to engage in wellness activities that provide social engagement, improve quality of life, and increase informal supports through connection with other participants. This program takes place at the Alzheimer Society of Niagara Region.



**Upcoming sessions:**  
Participants fee is \$15 for a 3-week session.  
**Registration is required. Call the office at 905-687-3914.**  
**Wednesdays of each week, 1:30 - 3:30 p.m.**

- January 9<sup>th</sup>, 16<sup>th</sup> and 23<sup>rd</sup>
- February 6<sup>th</sup>, 13<sup>th</sup> and 20<sup>th</sup>






## Next Steps Care Essentials

Next Steps and Care Essentials offers an opportunity for families and friends of individuals with a diagnosis of dementia to learn more about dementia, develop caregiving strategies, and become familiar with community resources and supports. The series is offered monthly in the Niagara Region.

**Must pre-register by calling 905-687-3914 or register online by [clicking here](#). Respite services available.**

### St. Catharines

Wednesdays, Jan. 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, & 30<sup>th</sup>  
1:30 – 3:30pm

Alzheimer Society of Niagara Region  
#1 – 403 Ontario St., St. Catharines

### Port Colborne

Tuesdays, Feb. 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, & 26<sup>th</sup>  
10:30am – 12:30pm

Bridges Community Centre  
380 Elm St., Port Colborne

### Niagara Falls

Thursdays, Feb. 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, & 28<sup>th</sup>  
1:00 – 3:00pm

Niagara Falls Library, Victoria Branch  
4848 Victoria Ave., Niagara Falls



Alzheimer Society

## Local Sponsor Spotlight

## SUNDAY, JANUARY 27, 2019

### BROCK UNIVERSITY, ST. CATHARINES

Ian Beddis Gym/Art & Val Fleming Commons Entrance  
500 Glenridge Ave., St. Catharines, ON

**Great Prizes, Great Fun**  
**Entertainment by Cory Cruise**  
**[Register Today - Click here.](#)**

Presented locally by



Frank & Bob Stewart with Bob Bell, CEO, ASNR, 1991

Bob Stewart & Diane Muirhead, President, ASNR, 1991.

**Avondale Food Stores**, owned and operated by the Stewart Family, have been supporters of the Alzheimer Society of Niagara Region for more than 27 years! The Stewart family reached out to the Society after a family member was diagnosed with dementia. In 1991, the Stewart Family invested \$100,000 in the Alzheimer Capital Campaign and have continued to support the Alzheimer Society of Niagara Region.

For the past five years, Avondale Food Stores have invested \$10,000 each year to the IG Wealth Management Walk for Alzheimer's.

Since 1931, Avondale has been a trusted name in the communities of Niagara, Hamilton and Haldimand. What began as a small dairy operation and milk delivery service (Avondale Farms Dairy) has evolved into over 90 locally owned and operated convenience stores that are a testament to hard work, commitment, dedication and entrepreneurial spirit. When Harry W. Stewart began delivering milk from the family farm on Stewart Road in Niagara on the Lake, it was the beginning of a legacy of providing valued customer service for generations to come.



Avondale Dairy 1931

## MEALS ON WHEELS VOLUNTEERS DELIVER MORE THAN JUST A MEAL

The dedicated and caring volunteers who deliver hot and frozen Meals on Wheels deliver much more than **just** a nutritious, well-balanced meal to their clients who live throughout the Niagara Region. Part of the duties of the volunteers include a regular check on the well-being of the client. If the volunteer doesn't find the client at home or fails to get an answer at the door, staff in the Meals on Wheels office are alerted immediately so that emergency contact measures can be undertaken. Call to **1-877-665-6325** to set up service for yourself or a senior you know in the Niagara Region who could benefit from the delivery of hot or frozen, nutritious meals with a safety check included.

