

Alzheimer Society

July 15, 2009

“Morning Break” Support Group for family members of a relative with dementia

Who: Alzheimer Society of Ottawa and Renfrew County

Time: 10:15 a.m. – 12 noon

Focus: To meet and share experiences, information and ideas related to the caregiving role.

Location: The Township of Osgoode Home Support Program (located in Osgoode Care Centre),
7650 Snake Island Road, Metcalfe ON

Registration: Not required

Info: Joanne Dyson, 613-523-4004 ext. 41 or jdyson@asorc.org

August 14, 2009

23rd Annual Hammond Alzheimer Golf Tournament

Proceeds: To benefit the Alzheimer Society of Ottawa and Renfrew County

Location: Hammond Golf & Country Club, 600 Golf Road, Hammond, ON (approx. 25 min. SE of
Ottawa)

How: Double shotgun start at 1 p.m. with registration & lunch from 11:30 a.m.

Fee: \$130 each player (\$40 charitable receipt) includes green fees, golf cart, lunch, dinner,
prizes and lots of fun.

Registration: By Friday, August 7, 2009

To Register: 613-488-2277

September & October 2009

Alzheimer Coffee Break™

What: A national fundraising event that takes place across Canada to help support people and
families coping with Alzheimer’s disease and related dementias.

Why: To support the essential local Alzheimer Society programs. Funds raised stay in the area
where raised.

When: Official Kick-Off on September 17th with events throughout September and October 2009.
Who: Anyone or any group including:

- Large corporations
- small businesses
- schools
- service organizations
- agencies providing health/seniors care
- long term care/retirement homes
- private residences
- individuals who want to provide "Help for Today. Hope for Tomorrow" to help the 12,000 people coping with Alzheimer's disease and related dementias in Ottawa and Renfrew County.

How: 1) Host a Virtual online Coffee Break -- www.alzheimercoffeebreak.ca

2) Host an actual Coffee Break – in your office, business, home, social club, etc. Simply collect donations for every cup poured.

3) Donate a Buck, Sign a Cup! – Promote sale of coffee cup cut-outs then decorate your workplace with them. Sign a decal with your name or in honour or in memory of a loved one.

Info/Host Kit: Susan Paul at 613-523-4004 ext. 26 or spaul@asorc.org