



Halton-Peel Community
APHASIA PROGRAMS

September 2019 Newsletter



"... and all at once, summer collapsed into fall."

- Oscar Wilde

Highlights from August



We had a wonderful time closing out the summer
at Burlington's Ribfest.

We enjoyed the live music, sunshine and,
of course, some snacks!

Highlights from August



*Welcome back,
Loretta!*

We welcomed Loretta Chawla, Communicative Disorders Assistant, back from maternity leave this month.

We are pleased to have Loretta return to the aphasia programs, including the Burlington Legion, Joseph Brant Wellness House, Oakville (Fridays), and Brampton (Wednesdays).

September Events at the Aphasia Programs

Primary Progressive Aphasia (PPA) Support Group

When: Tuesday, September 24th from 10:00 AM – 12:30 PM

Please note that this group is only open to the person with PPA

Where: Burlington Legion, 828 Legion Road, Burlington, ON.

Room is located upstairs in Remembrance Hall.

Topic: Guest Speaker from the Alzheimer's Society of Hamilton and Halton

Please RSVP by September 20th, 2019 to Paula-Jane, Social Worker

via e-mail at pbellizzi@monarchhouse.ca

September Events at the Aphasia Programs

Caregiver Support Groups

Paula-Jane, Social Worker will be hosting an upcoming caregiver support group:

Oakville:

When: Tuesday, September 17th from 9:30 am – 12:00 pm

Where: MH LHIN Regional Learning Centre

2030 Bristol Circle, Room 202, Oakville, ON.

Topic: Grief and Loss

Please RSVP by to Paula-Jane at pbellizzi@monarchhouse.ca

Thank you!

*Please note: These sessions are meant only for caregivers, however the person with aphasia is welcome to join the aphasia group running at the same time, if needed.



September Events at the Aphasia Programs



Construction at Mind Forward

176 Robert Speck Pkwy, Mississauga

Thank you to our clients and families for your patience as the Mind Forward location in Mississauga is still under construction.

If you have questions about group rescheduling and alternative locations, please contact Zareen Ali at

(905) 875-8474 or email at zareenali@monarchhouse.ca

Stroke Support Groups in the Community

Milton

- Milton Stroke Support Group
- Tuesday, September 10th, 2019, from 7:00 pm – 8:30 pm
- Allendale Long Term Care Centre in the Adult Day Program Room
- Topic: Guest speaker from Milton Library re: adult programs

Mississauga & Brampton (Peel Region)

- Peel Stroke Recovery Canada
- Tuesday, September 3rd, 2019, from 6:30 pm – 9:00 pm
- Sunrise Senior Living, 1279 Burnhamthorpe Rd. E, Mississauga

Burlington & Oakville (Halton Region)

- Halton Stroke Fellowship Stroke Recovery Chapter
- Thursday, September 26th, 2019 at 7:00 pm
- Columbus Hall, 2400 Industrial St., Burlington

Website: <http://search.hipinfo.info/record/BTN4841>

- Stroke Recovery Canada – Burlington Chapter
- Wednesday, September 25th, 2019 at 7:00 pm
- Lions Club, 471 Pearl St., Burlington

Website: <http://www.srceburlington.net/>

Brampton *new*

- William Osler Health System Brampton After Stroke Group
- Monday, September 30th, 2019 from 2:30 pm – 4:00 pm
- Brampton Civic Hospital, Auditorium (1st floor, by Rexall)

For more information about After Stroke groups, visit <https://bit.ly/2R6s9ZC>



Sessions in the Community: Mississauga



Don't Miss:

OPENING DOORS FOR ACCESSIBILITY

If you are an individual living with a disability, health professional, service provider, caregiver/partner or family member, you should attend this seminar.

**SEPTEMBER 17, 2019
11:00 A.M. TO 1:00 P.M.**
I.D.A. Truscott Pharmacy
2425 Truscott Drive, Mississauga, ON

Sessions include:

- **“Unstoppable You!”**
Presented by **UnstoppableTracy!**
Cup of Chicken Soup for the Soul endorsed Author | International Keynote Speaker | Paralympic Trialist | Accessibility Advocate | Award Winning Humanitarian
- **“Making Mobility Accessible”**
ADAPT Home Health Care

Limited Seating Available. RSVP by Friday September 13th, 2019.
Contact Berat Barzanjee at 1-800-263-3463 ext. 7305 or by email odfa@marchofdimes.ca

Caregiver Sessions in the Community: Oakville

What: "Long Term Care and Waitlisting"

Two representatives from Home and Community Care (formerly CCAC), will present on Long Term Care and will be available to answer your questions.

When: Thursday, September 12th

9:30am – 12:00pm

Where: Regional Learning Centre

2030 Bristol Circle, Oakville

Suite 205.

Cost: Free

Free respite available for persons needing care during sessions

To Register: Sandi Robinson

Sandi.Robinson@mhlhinrlc.ca

905-829-4499 ext. 109



Sessions in the Community: Oakville



What: Recreational swim program designed for stroke survivors supported by volunteers. Following exercise and socializing, participants enjoy a lunch, followed by card games, arts and crafts and other leisure activities. Emphasis is placed on fostering a warm, caring and co-operative environment that is fun and rewarding for all.

Where: Glen Abbey Community Centre

When: New fall session starts October 4th and runs for 10 weeks.

Fridays from 9:30 am – 2:00 pm

For more information, please contact: Andrew Westcott, Registrar, at

(289) 834-3933 or email amwestcott@bell.net or visit www.oakvillestrokes.ca

For more information on any resources in this newsletter, please feel free to call us at (905) 875-8474 or email us at info@h-pcap.com



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