

**The Société Alzheimer de l'Outaouais québécois opens
a new day and respite centre in Val-des-Monts**

Gatineau, June 29, 2015 – In order to enhance the efficiency of the services it offers and meet the growing needs of persons with Alzheimer's disease or a related disorder and their natural caregivers, the Société Alzheimer de l'Outaouais québécois is pleased to announce the opening of a new day and respite centre in Val-des-Monts serving clients in the MRC des Collines region.

This new day and respite centre will enable affected persons to take part in stimulation activities led by specialists. The goal is to provide beneficiaries with a warm and secure environment that fosters their general well-being and improves their quality of life. The time that they regularly spend with the specialists will also give their natural caregivers a much-needed break for a few hours.

Located on the ground floor of the J-A Perkins community centre at 17, ch. du Manoir in Val-des-Monts, the day and respite centre, scheduled to open on July 20, will be able to receive approximately 10 participants for two specialists every Monday between 9 a.m. and 3 p.m. In addition to having an opportunity for social interaction, each week participants will be offered a wide range of physical, sensorial, musical, intellectual, cultural and other activities.

The Société Alzheimer de l'Outaouais québécois is a not-for-profit community organization whose mission is to support, assist and accompany persons affected with Alzheimer's disease, their families and other loved ones, helping them to meet, with the greatest degree of dignity possible, the challenges presented by this disorder.

One of the SAOQ's projects, as part of a refocusing on its primary mission, has been to extend its services beyond the Gatineau region. Early this year, the organization received a subsidy from the Conférence régionale des élus de l'Outaouais (CRÉO) (Outaouais regional conference of elected representatives), making the Val-des-Monts project achievable and also allowing for a one-day-

per-week day centre to be opened in the MRCs of Vallée-de-la-Gatineau and Pontiac in the coming months.

If you wish to obtain more information on the day and respite centres or want to register, we welcome you to contact our first-line counsellor at 819 777-4232 or by e-mail at mpoirier@saoq.org.

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