



cfuw OSHAWA
AND DISTRICT

Realizing potential. For all women.

January 2026 newsletter



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Realizing potential. For all women.
Le pouvoir par le savoir.

January General Meeting

UNDERSTANDING DEMENTIA

with Carol O'Neil, Durham's Alzheimer Society

What is dementia and Alzheimer's disease?

The warning signs and progression of dementia

Communicating with people living with dementia

Living well with dementia

**JANUARY IS
ALZHEIMER'S
AWARENESS
MONTH**



Wednesday, January 14, 2026 - 7:00 PM

All Guests Welcome - Free Admission

St Mark's United Church 201 Centre St S, Whitby

cfuw.oshawa@gmail.com

<http://cfuw-oshawa-and-district.weebly.com>



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**Remember to bring your used books
to the general meeting.**



Interest Groups

Janet N

Reading One

Barbara L

Tuesday, January 20th at 1:30 pm Host & discussion leader: Sheila L

Book selection: *Absolution* by Alice McDermott

Book Chat

Jane R

Wednesday, January 7th at 10 am Discussion leader: Melanie K

Host: Karen N Book selection: *Fourth Wing* by Rebecca Yarros

It's a Mystery

Mary K

Monday, January 26th Book selection: *The Briar Club* by Kate Quinn

Discussion leader: Jennifer C Host: Pamela G

Bridge Buddies

Karen D

Bridge dates for this month: January 12th and 26th at 1pm.

Let's Do Lunch

Pat D

Next lunch: Friday, January 30th

Location TBA

Happy NewYear!



Personal contact information of CFUW Oshawa and District members is considered confidential and not to be used for personal or business solicitation purposes.



Hedy G. delivered five bags full of our gifts to the YWCA shelter after our lunch.



Our holiday lunch at KB restaurant in Whitby was a great success. In spite of the heavy snow and general traffic mess, eighteen club members braved the elements to enjoy an excellent meal. Pictured are Lynn P, JoAnne P, Melanie K, Nonie H, Karen N, Jane R, Dianne H, and Joyce F. Lynn and Joyce did a great job of organizing. The games were lots of fun.

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More holiday lunch pictures:

Top l: Eleanor G, Sheila S, Pamela G, and Judy H.

Judy said grace before the meal.

Top r: Elaine L, Sue S, and Hedy G

Bottom: Jone W and Sheila L



For your benefit...

Some information on Alzheimer's disease: Roughly 99,000 people aged 65+ receive new diagnoses annually, or about 17 new cases every hour. The risk is much higher for those over 80, and nearly two-thirds of those diagnosed are women.

In the past, individuals diagnosed with Alzheimer's have had very few treatment options. However, there have been some recent research breakthroughs in diagnosis, medication management, and other treatments. The Alzheimer's Society offers a variety of supports and services for individuals affected, families and caregivers.

I recently attended a seminar about dementia where I learned about Dr. Sharon Cowan, who is a behavioural neurologist, medical director and principal investigator of the Toronto Memory Program in North York. Families or individuals who are concerned about losing memory, or Alzheimer's disease can contact the program and ask about clinical trials research. These clinical trials allow program participants to access cutting edge treatments before they are widely available. Program participants can also access diagnostic and genetic testing not available through OHIP.

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Those involved in clinical trials will receive expert medical care at a leading healthcare research facility while participating in the research studies. Without clinical trials, new research discoveries are impossible.

Come and learn more about the many aspects of this important topic at our January 14 general meeting.

Submitted by Donna H.

Ontario Council Speaker Series: Saturday, February 21, 10 am to 12 noon on Zoom

AI: How Artificial Intelligence Impacts Education

Registration required on the CFUW Ontario Council website



National website: www.cfuw.org

Ontario Council Website: www.cfuwontcouncil.org

CFUW Oshawa & District <http://cfuw-oshawa-and-district.weebly.com>

Newsletter

Barbara L

Please submit all newsletter items to barblewis@rogers.com

Items for the February newsletter should be received by Wednesday, January 28th

Friendship

Maureen A

Significant news about a member (serious illness or injury or death of member, or death of her spouse or child) should be reported to Maureen A who will advise all members through an email from Barb L and send an appropriate card on our behalf.

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