

Family Education for those Experiencing Dementia Winter 2020 Calendar

LIVING WITH DEMENTIA: FIRST STEPS

A three-part information and experiential workshop series for people supporting a person recently diagnosed with Alzheimer's disease or another form of dementia.

PART ONE: Saturday, January 25 - 9 am – 12 pm

- Overview of dementia
- Activities to experience what it might be like to have dementia
- We're here for you – the Alzheimer Society

PART TWO: Saturday, February 22 - 9 am – 12 pm

- Safety for the person with dementia and their care partners
- Legal and financial matters

PART THREE: Saturday, March 21 - 9 am – 12 pm

- Navigating housing and care options
- Advocating for the person with dementia
- Care for yourself
- Family perspectives

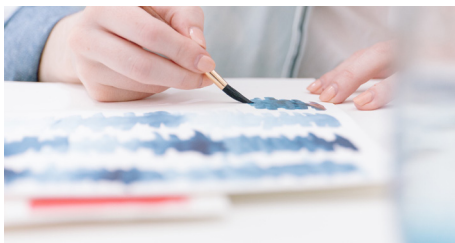
Sessions located at: River Ridge II Retirement Residence, 2701 Scotia St, Winnipeg, MB

Refreshments and resources are included
Sessions are \$10 each

COMMUNITY PROGRAMS

These programs offer social, creative, educational and active living components to enjoy with a family member or friend in the community. Find a list of programs below:

- Art to Inspire
- Now and Then: A Journey in Time
- Minds in Motion
- Vivace Voices Choir



Visit alzheimer.mb.ca to see what programs are being offered in your community!

FAMILY EDUCATION: NEXT STEPS

TRANSITIONING TO LONG TERM CARE: PLANNING AND PANELLING

When a person with dementia needs full time support, moving to a personal care home may be the next step for you and your family. This presentation covers things to think about when considering a move for a person with dementia including how to access long term care, eligibility and approval, and the panel and placement process.

Wednesday, January 15, 2020, 7—8:30 pm

Heritage Room at Lindenwood Manor, 475 Lindenwood Dr. E.

Presented by: **Nancy Mohr, Educator/Specialist, Long Term Care Access Centre, WRHA**

TRANSITIONING TO LONG TERM CARE: BEFORE, DURING AND AFTER THE MOVE

Moving to a personal care home can bring about all kinds of emotions and physical demands for the person with dementia and the family. This presentation will provide suggestions for thoughtful planning of moving day, visiting and helping the person with dementia settle into the new environment.

Thursday, February 13, 2020, 7—8:30 pm

Park Manor Personal Care Home, 301 Redonda St.

Presented by: **Ginette Abraham, BSW, MSW, RSW Social Worker, Special Needs and Special Needs Behavioural Units**

REFUSING MEDICATIONS: WHY, WHAT AND HOW?

Refusing to take medications can be a response to various situations including how a person with dementia is being approached or to feelings of loss of control. This presentation will discuss tips on cueing people to take their medications, questions to ask health providers about medications and other issues and considerations around medications and dementia.

Wednesday, March 11, 2020, 7—8:30 pm

Brightwater Senior Living of Tuxedo, 741 Sterling Lyon Pkwy.

Presented by: **Terri Bowser, Regional Educator, Rehabilitation, Healthy Aging and Seniors Care, WRHA**

These sessions are complimentary, but please pre-register.

Three easy ways to register:

1. Online alzheimer.mb.ca 2. Email alzmb@alzheimer.mb.ca 3. Call 204-943-6622 or 1-800-378-6699

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MINDS IN MOTION®

Minds in Motion® is a two-hour weekly fitness and social program for people living with early to moderate symptoms of dementia to enjoy with a family member or friend.

Registration occurs through the location where the Minds in Motion® program takes place. Cost: \$65/pair.

Winnipeg Locations

Riverwood Square - 1778 Pembina Hwy.

Jan. 14 - Mar. 3 | Tuesdays, 10 am - 12 pm
204-275-7632

YMCA – YWCA of Winnipeg - 5 Fermor Ave. (South Branch)

Jan. 14 - Mar. 3 | Tuesdays, 1:30 - 3:30 pm
204-233-3476

The Reh-Fit Centre - 1390 Taylor Ave.

Jan. 14 - Mar. 3 | Tuesdays, 2 - 4 pm
204-488-8023

The Wellness Institute - 1075 Leila Ave.

Jan. 15 - Mar. 4 | Wednesdays, 2 - 4 pm
204-632-3900

YMCA – YWCA of Winnipeg - 454 Kimberly Ave. (Elmwood-Kildonan Branch)

Jan. 16 - Mar. 5 | Thursdays, 1 - 3 pm
204-668-8140

The Rady Jewish Community Centre - 123 Doncaster St.

Jan. 16 - Mar. 5 | Thursdays, 10 am - 12 pm
204-477-7510

Cindy Klassen Recreation Complex - 999 Sargent Ave.

Jan. 22 - Mar. 11 | Wednesdays, 10 am - 12 pm
311

City of Winnipeg - St. James Civic Centre - 2055 Ness Ave.

Jan. 24 - Mar. 13 | Fridays, 1 - 3 pm
311

Regional Location

Prairie Oasis Senior Centre 241 8th St., Brandon, MB

Jan. 15 - Mar. 4
Wednesdays, 1:30- 3:30 pm
1-800-378-6699



INTERESTED IN BECOMING A MINDS IN MOTION® VOLUNTEER?

As a Minds in Motion® program volunteer, you will: engage socially with program participants, assist with program facilitation and help with the set-up and clean-up of refreshments, games and activities.

For more information or to register as a volunteer, please contact:

Kathy Diehl Cyr, **Community Partnership Manager:**

204-943-6622 or 1-800-378-6699

mindsinmotion@alzheimer.mb.ca

alzheimer.mb.ca/mindsinmotion