



Saturday, October 28, 2017

Canadian Mennonite University, 500 Shaftesbury Blvd., Winnipeg, MB

Conference: 9 am to 3:30 pm • Cost: \$40 (includes lunch)

Keynote Presentations

Learning to Use Self-kindness to Promote Health and Well-being

A caregiver's physical and psychological well-being can be affected by stress in dramatic ways. The World Health Organization has declared that stress is the health epidemic of the 21st century. Great interest exists in finding ways to reduce stress and promote health, well-being and happiness and how to incorporate these into a caregiver's daily life. Mindful Self-Compassion has been shown, through rigorous scientific study, to achieve these goals. Dr. McIntyre will discuss Mindful Self-Compassion and lead some exercises that can help promote well-being.

Gratitude and Joy

Mindful Self-Compassion and "Positive Psychology" aim to understand, through evidence, what contributes to joy and happiness. Studies have shown that gratitude plays an interesting and surprising role. To close the day, Dr. McIntyre will explore the relationship between gratitude, joy, happiness and well-being. You will be introduced to exercises that may allow you to leave Care4u[®] better equipped to nurture gratitude, joy and well-being in your own life.



Dr. Michael Collins McIntyre

Research Program Leader – Compassion Project, St. Boniface Hospital Research Centre; Professor of Psychology, Senior Scholar, Dean Emeritus and Fellow of United College, The University of Winnipeg



Rosewood - Supportive Housing

Keynote presentations sponsored by
Revera – The Waverley & Rosewood

Register Today!
alzheimer.mb.ca



ALL SENIORS CARE
LIVING CENTRES™

Where Caring is Our Number One Concern™

Event Sponsor

***Complimentary wi-fi available *Care4u 2017 is a scent-free environment**

8 to 9 am – Registration

9 to 9:15 am – Welcome

Wendy Schettler, CEO, Alzheimer Society of Manitoba

9:15 to 10:15 am – Opening Plenary: Dr. Michael McIntyre

Learning to Use Self-kindness to Promote Health and Well-being

A caregiver's physical and psychological well-being can be affected by stress in dramatic ways. The World Health Organization has declared that stress is the health epidemic of the 21st century. Great interest exists in finding ways to reduce stress and promote health, well-being and happiness and how to incorporate these into a caregiver's daily life. Mindful Self-Compassion has been shown, through rigorous scientific study, to achieve these goals. Dr. McIntyre will discuss Mindful Self-Compassion and lead some exercises that can help promote well-being.

Dr. Michael Collins McIntyre, *Research Program Leader – Compassion Project, St. Boniface Hospital Research Centre; Professor of Psychology, Senior Scholar, Dean Emeritus and Fellow of United College, The University of Winnipeg*

10:15 to 10:45 am – Morning Break

10:45 to 12 pm – Concurrent Session 1

Concurrent Session 1

A - What Matters Most

Learn about the three legal documents that are important for future planning – a Will, a Power of Attorney and a Health Care Directive. Find out how the documents can help you to advocate on behalf of the person with dementia within the health care system and what steps to take if there is no Power of Attorney or Health Care Directive in place.

Heather Dixon, *LL.B Counsel to The People's Corner Law Office, Winnipeg*

B - Communication and Dementia: Listening with your Heart

Gain information that will help you understand how dementia can change the communication process. Common barriers to communication and strategies for effective communication with people with dementia will be discussed. Current programs and resources will also be highlighted.

Kelly Tye Vallis, *MS, RSLP, Deer Lodge Centre, Winnipeg Regional Health Authority, Winnipeg*

C - Options for Meaningful Engagement

A way to enrich the quality of life of a person with dementia is to engage them in activities that they find valuable, interesting and manageable. You will be introduced to a number of activities that can meet the social, physical, mental and emotional needs of individuals with dementia. Families and communities will be encouraged to work together to successfully engage in activities that make every moment count.

Mensheds Manitoba; Alzheimer Society of Manitoba Minds in Motion®; Riverwood Square Intergenerational Program, Winnipeg

D - Sleep and Dementia

Learn about sleep disorders common to aging and dementia. Dr. Giannouli will discuss treatment options for sleep disturbances in individuals with mild cognitive impairment and dementia. Strategies and resources that families can use to assist the person with dementia will be explored.

Eleni Giannouli, *MD, FRCPC, ABIM (Sleep); Assistant Professor, Department of Medicine, Section of Respirology, University of Manitoba; Medical Director, Sleep Disorder Center, Winnipeg*

Learn about programs, services and resources available for you!

Visit information booths hosted by community and business organizations and the Alzheimer Society of Manitoba.

Do you have questions about care services available in the community?

Sign up to have lunch with conference sponsors to have your questions answered.



Conference Program: **Afternoon**



Comments from past Care4u attendees:

"It is uplifting and refreshing. It helps us recharge."

"We are joined by so many others in this journey; it reminds us that we are not alone."



12 to 1 pm – Lunch in the Loewen Athletic Centre

1 to 2:15 pm – Concurrent Session 2

2:15 to 2:30 pm – Afternoon Break

2:30 to 3:15 pm – Closing Plenary: Dr. Michael McIntyre

Gratitude and Joy

Mindful Self-Compassion and "Positive Psychology" aim to understand, through evidence, what contributes to joy and happiness. Studies have shown that gratitude plays an interesting and surprising role. To close the day, Dr. McIntyre will explore the relationship between gratitude, joy, happiness and well-being. You will be introduced to exercises that may allow you to leave Care4u® better equipped to nurture gratitude, joy and well-being in your own life.

Dr. Michael Collins McIntyre, *Research Program Leader – Compassion Project, St. Boniface Hospital Research Centre; Professor of Psychology, Senior Scholar, Dean Emeritus and Fellow of United College, The University of Winnipeg*

3:15 to 3:30 pm – Closing Remarks

Concurrent Session 2

E - Transitioning to Long Term Care

A move to a personal care home may be one of the most difficult and emotionally exhausting events in the caregiving journey. Care partners may find themselves at a loss as to how to best manage the transition. Hear suggestions about how to familiarize yourself with the personal care home and ways to successfully develop new routines.

Kate Geiger, *OT, Community Mental Health Worker, Mental Health Services for the Elderly Program, Interlake-Eastern Regional Health Authority, Beausejour*

F - Understanding the Person

An individual's personality, social history and the environment have an impact on the person with dementia and their family's lived experience of dementia. It is important to understand how these factors may affect the behaviour of a person with dementia and their relationship with care partners. Learn strategies that can help maintain communication and assist in your caregiving journey.

Joyce Klassen, *Dementia Care Educator, Alzheimer Society of Manitoba, Winnipeg*

G - Keeping Vulnerable Seniors Safe

Vulnerable seniors often have complex physical needs and/or cognitive changes such as dementia. A panel will discuss how their programs ensure safety and protection of seniors who may be in at-risk living situations in the community or care settings. Family and friend care partners will learn information that will help them advocate for the safety of their family member.

Public Guardian and Trustee of Manitoba; Safe Suite Program – A & O: Support Services to Seniors; Protection for Persons in Care Office, Winnipeg

H - Young Onset Dementia

People diagnosed with young onset dementia and their families are faced with a unique set of changes not usually seen among those impacted with late onset dementia. Learn about the symptoms, diagnosis, progression and treatment options for those affected. Gain an understanding of the psychosocial impact and strategies to use when supporting a person with young onset dementia.

Mandana Modirrousta, *MD, PhD, FRCPC, Director, Neurostimulation and Neuropsychiatric Unit, Department of Psychiatry, University of Manitoba*

Sheila Novek, *MSc, PhD Candidate, Department of Community Health Sciences, Faculty of Health Sciences, University of Manitoba, Winnipeg*



Registration

Registration Deadline – Friday, October 20, 2017
Please print clearly. (For additional copies, please photocopy.)

Register online at alzheimer.mb.ca or fill out the form below & mail or fax to the Alzheimer Society of Manitoba.

Name: _____ Email: _____

Mailing Address: _____ City: _____ Prov: _____ Postal Code: _____

Phone: _____ Fax: _____

Please indicate your three choices for Concurrent Session 1 (A-D)

1st choice _____ 2nd choice _____ 3rd choice _____

Please indicate your three choices for Concurrent Session 2 (E-H)

1st choice _____ 2nd choice _____ 3rd choice _____

Registration confirmations are provided by email to those who register online.

Concurrent session selections are on a first-come first-served basis and will be confirmed on October 28, 2017.

The Alzheimer Society reserves the right to place participants into alternate sessions if their first choice is full and alternate session selections have not been provided.

Registration: \$40 (includes lunch). Please select:

I require a vegetarian option ___ I have food allergies ___ Please specify: _____

Registration and Payment Options:

- 1) **ONLINE:** Register and pay securely online at alzheimer.mb.ca
- 2) **BY MAIL:** Complete the registration form and include your form of payment.
- 3) **BY FAX:** 204-942-5408 – Complete the registration form. Payment by credit card only.
- 4) **BY PHONE:** 204-943-6622 – Payment by credit card only.

Credit Card: VISA/Mastercard/AmEx: _____ Expires: _____ / _____

Cardholder's Name _____

I have enclosed a personal cheque made out to "Alzheimer Society of Manitoba."
Note: Payment must accompany completed registration form. Registrations can be transferred but not refunded.

For more information:
• alzheimer.mb.ca
• alzmb@alzheimer.mb.ca
• 204-943-6622

EARLY BIRD OPPORTUNITY

Register before September 22
and be entered to win a
Caregiver Gift Pack!

EVENT
SPONSOR



ALL SENIORS CARE
LIVING CENTRES™

Where Caring is Our Number One Concern™