

Family Education for those Experiencing Dementia

Spring 2018 Calendar

ANNUAL GENERAL MEETING

2018 AGM, VOLUNTEER RECOGNITION AND TREE OF MEMORIES CEREMONY

Tuesday, June 20, 2017

Alzheimer Society of Manitoba - Provincial Office
10-120 Donald Street ([map](#)) - Mezzanine Level

5:30 pm – Reception

6:00 pm – Volunteer Recognition & Tree of Memories Ceremony

7:00 pm – Annual General Meeting

Please join us as we celebrate a year of accomplishments, recognize our dedicated volunteers and honour those who have lost their lives to dementia.

Call 204-943-6622 for more information.

LIVING WITH DEMENTIA: FIRST STEPS

An information and experiential workshop for people supporting a person recently diagnosed with Alzheimer's disease or another form of dementia.

PART ONE: Saturday, April 14, 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, May 12, 9 am – 12 pm

- Safety for the person with dementia and their caregivers
- Family perspectives
- Legal & financial matters

PART THREE: Saturday, June 16, 9 am – 12 pm

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

Sessions are located at:

Riverwood Square, 1778 Pembina Hwy.

Refreshments and resources are included

Sessions are \$10

FAMILY EDUCATION: NEXT STEPS

Depression and Delirium in Older Adults

Learn about the features of depression and delirium in older adults, including signs, symptoms, and risk factors. In this session, Dr. Peitsch will discuss how depression and delirium are diagnosed in older adults with dementia, and the treatment options available.

Thursday, April 19, 7 – 8:30 pm
Amber Meadow, 320 Pipeline Rd.

Presented by: Lorraine Peitsch, MD, FRCPC, Section of Geriatric Medicine, University of Manitoba

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.

Wednesday, May 16, 7 – 8:30 pm
Sturgeon Creek I, 10 Hallonquist Dr.

Presented by: Kate Geiger, Occupational Therapist, working as Geriatric Mental Health Clinician with the Winnipeg Regional Health Authority

Staying On Your Feet: Falls and the Older Adult

Be informed of the various risk factors involved in falls and ways to reduce your risk. Hear about the resources available that can help achieve the goal of reducing your risk of falling.

Wednesday, June 6, 7 – 8:30 pm
Park Manor Care Home, 301 Redonda St.

Presented by: Eleanor Stelmack, OTReg(MB), Occupational Therapist, Healthy Aging Resource Team, River East & Transcona, Winnipeg Regional Health Authority

These sessions are complimentary, but please preregister

Three easy ways to register:

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

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MINDS IN MOTION®

The **Minds in Motion**® program combines physical activity, socialization and mental stimulation for people living with early to moderate symptoms of Alzheimer's disease or other dementias to enjoy with a family member or community friend.

HOW TO REGISTER

Please contact one of our community partners below to register.

Cost: \$56 per participant pair.

WINNIPEG LOCATIONS

Riverwood Square

1778 Pembina Hwy
April 10 to May 29
Tuesdays from 10 am – 12 pm
204-275-7632

YMCA – YWCA of Winnipeg (South Branch)

5 Fermor Avenue
April 10 to May 29
Tuesdays from 1:30 - 3:30 pm
204-233-3476

The Wellness Institute

1075 Leila Avenue
April 11 to May 30
Wednesdays from 2 - 4 pm
204-632-3900

YMCA – YWCA of Winnipeg (Elmwood-Kildonan Branch)

454 Kimberly Avenue
April 12 to May 31
Thursdays from 1 - 3 pm
204-668-8140

The Rady JCC

123 Doncaster Street
April 12 to May 31
Thursdays from 10 am - 12 pm
204-477-7510

City of Winnipeg - St. James Civic Centre

2055 Ness Avenue
April 20 to June 8
Fridays from 1 - 3 pm
311

REGIONAL LOCATIONS

Portage la Prairie - Stride Place

245 Royal Rd. S. Portage la Prairie, MB
April 11 to May 30, 2018
Wednesdays from 1 - 3 pm
204-857-7772

Altona - The Gardens On Tenth

140 10th Ave NE. Altona, MB
April 10 to May 29, 2018
Tuesdays from 10 am - 12 pm
204-324-8945

Gimli New Horizons 55+ Centre

#17 North Colonization Road, Gimli, MB
April 9 to June 4, 2018 (off May 21)
Mondays from 1 - 3 pm
204-642-7297

Morden - Homestead South Assisted Living

400 Loren Drive, Morden, MB
March 21 to April 25, 2018
Wednesdays from 9:30 - 11:30 am
204-822-1237
Registration Fee: \$50 per participant pair
(only 6 week program)

For more information about *Minds in Motion*® please contact:

Kathy Diehl Cyr, Minds in Motion® Program Manager
204-943-6622 ext. 203
mindsinmotion@alzheimer.mb.ca

For more information, please visit alzheimer.mb.ca or call 204-943-6622.