

**Join us for a day of learning, reflection and networking.**

**Saturday, October 27, 2018**

Canadian Mennonite University | 500 Shaftesbury Blvd., Winnipeg, MB | 9 am to 3:30 pm | Cost: \$40 (includes lunch)



## ***The Importance of Supporting Caregivers: Don't Forget Your Oxygen Mask***

As a care partner for a family member or friend living with dementia, self-care is important. Taking care of yourself and getting the services and support you need are essential to maintaining social, mental and physical health when caregiving. Janice will encourage you to remember to put your oxygen mask on.

**Janice M. Keefe, PhD, Professor, Department of Family Studies and Gerontology;  
Director, Nova Scotia Centre on Aging, Mount Saint Vincent University, Halifax, NS**

Keynote presentation sponsored by:  Partners for Home

## ***Innovative Community Programs for People with Dementia***

The Society works with groups in the community to develop unique opportunities that offer stimulating activities for people with dementia and their families.

This session will introduce the following innovative community programs:

***Art to Inspire***

***Vivace Voices Choir***

***Sharing Dance***

***Minds in Motion®***



**For more information, contact Jennifer Vicente-Licardo, Education Manager  
204-943-6622 | [alzeducation@alzheimer.mb.ca](mailto:alzeducation@alzheimer.mb.ca)**

**Register Today!  
[alzheimer.mb.ca](http://alzheimer.mb.ca)**

\* Care4u 2018 is a scent-free environment

\* Complimentary Wifi available



**ALL SENIORS CARE  
LIVING CENTRES™**

*Where Caring is Our Number One Concern™*

Event Sponsor

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. Janice Keefe

## The Importance of Supporting Caregivers: Don't Forget Your Oxygen Mask

As a care partner for a family member or friend living with dementia, self-care is important. Taking care of yourself and getting the services and support you need are essential to maintaining social, mental and physical health when caregiving. Janice will encourage you to remember to put your oxygen mask on.

**Janice M. Keefe, PhD, Professor, Department of Family Studies and Gerontology; Director, Nova Scotia Centre on Aging, Mount Saint Vincent University, Halifax, NS**

10:15 to 10:45 am – Morning Break

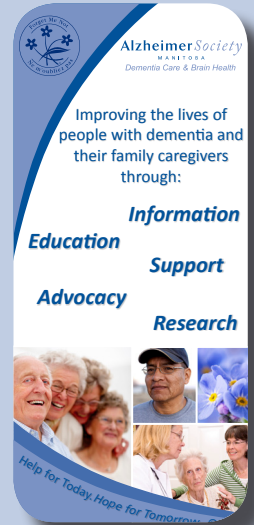
10:45 to 12 pm – Concurrent Session 1

**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.



## Concurrent Session 1

### A - Caregiving: Insights from a Spiritual Perspective

Merging research, thoughts on spirituality and personal experience, Janice will lead you in a discussion that will give you insights into your unique caregiving situation. She will help you consider ways to explore the spiritual dimension of caregiving and build on your inner strengths.

**Janice M. Keefe, PhD, Professor, Department of Family Studies and Gerontology; Director, Nova Scotia Centre on Aging, Mount Saint Vincent University, Halifax**

### B - It Hurts! Skills for Recognizing and Caring for Pain

Learn how to recognize pain when the person you care for no longer has words to describe where it hurts. Non-medication strategies for pain relief will be discussed. If medication is required, tips for successfully giving medication will be considered.

**Lynda L. Mandzuk, RN, BN, MN, GNC(C), Client Support Coordinator; Beth Helliard, RN, BN, GNC(C), Client Support Coordinator, Alzheimer Society of Manitoba, Winnipeg**

### C - Caring to the End: End of Life Care for People with Dementia

Dementia is a syndrome with a variable trajectory characterized by progressive decline and functional plateaus. This presentation will focus on end of life planning, decision making, and maintaining quality of life when caring for a person with end stage dementia.

**Karen Schnell-Hoehn, RN, MN, CCN(C), Clinical Nurse Specialist, Palliative Care, St. Boniface Hospital, Winnipeg**

### D - How Does it Feel? Experience Dementia

Join Alzheimer Society of Manitoba staff as they lead participants through a variety of simulations that provide insight into the cognitive, sensory, physical and communication changes that people with dementia experience. This session will help you appreciate the need to modify approaches and communication styles to enhance care of people with dementia.

**Program Staff, Alzheimer Society of Manitoba**

# 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: Panel

## Innovative Community Programs for People with Dementia

The Society works with groups in the community to develop unique opportunities that offer stimulating activities for people with dementia and their families.

This session will introduce the following innovative community programs:

### Art to Inspire, Sharing Dance, Vivace Voices Choir, and Minds in Motion®

**Rachel Baerg**, Head of Education, Winnipeg Art Gallery;  
**Julie Hockley**, Senior Manager – Regional Services, Alzheimer Society of Manitoba; **Kathy Diehl Cyr**, Minds in Motion® Manager, Alzheimer Society of Manitoba

3:15 to 3:30 pm – Closing Remarks

## Concurrent Session 2

### E - Accessing Home Care and Long Term Care Programs

Knowing resources available for the person with dementia and their care partners will help you access and use the appropriate services in a timely manner. Come to hear about the Home Care Program, Family Managed Care and how Long Term Care is accessed. Learn about intake, assessment, and care planning processes and how services are coordinated for those impacted by dementia.

**Agnieszka San Juan**, Case Management Specialist, Home Care; **Luba Bereza**, Team Manager, Centralized Home Care; **Susan Vovchuk**, Transition Manager, Long Term Care Access Centre, Winnipeg Regional Health Authority, Winnipeg

### F - Understanding Psychoses and Anxiety in Dementia

Behavioural and psychological symptoms of dementia may include hallucinations, delusions, psychosis and anxiety. Gain an understanding of how these symptoms may manifest in a person with dementia and learn strategies for caring for a person experiencing these changes.

**Dr. Lois Stewart-Archer**, RN, PhD, CPMHN(C), Regional Clinical Nurse Specialist, Rehabilitation & Geriatrics Programme, Winnipeg Regional Health Authority, Winnipeg

### G - Becoming a Resilient Caregiver

Caring for another takes time and energy. Understanding your own ambiguous feelings of loss as the person you support is changing physically and emotionally is important. Developing strategies for self-care is essential to building caregiver resiliency. Come to learn more.

**Norma Kirkby**, PHEC, Program Director, Alzheimer Society of Manitoba, Winnipeg

### H - Incontinence: It's time to talk about it

Incontinence may occur for people with dementia for various reasons. An important step toward approaching this situation is to be informed and to plan ahead. Learn the causes of incontinence and how incontinence relates to the progression of dementia. Hear strategies for recognizing non-verbal cues, identifying patterns and providing care with dignity.

**Lindsay Bacala**, MSW, RSW, Social Worker; **Meghann Gregg-Sirant**, RPN, BScPN, Clinical Resource Nurse, Dementia Care Program, Deer Lodge Centre, Winnipeg

Register online at [alzheimer.mb.ca](http://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 \_\_\_\_\_

**Concurrent session selections are on a first-come first-served basis and will be confirmed on October 27, 2018.**

**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 confirmations are sent by email to those who provide an email address or register online.*

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

I require a vegetarian option \_\_\_ I have food allergies \_\_\_ Please specify: \_\_\_\_\_

**Registration and Payment Options:**

- |  |   |
|--|---|
| 1) <b>ONLINE:</b> Register and pay securely online at <a href="http://alzheimer.mb.ca">alzheimer.mb.ca</a> | 3) <b>BY FAX:</b> 204-942-5408 – Complete the registration form. Payment by credit card only. |
| 2) <b>BY MAIL:</b> Complete the registration form and include your form of payment.                        | 4) <b>BY PHONE:</b> 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](http://alzheimer.mb.ca)  
• [alzmb@alzheimer.mb.ca](mailto:alzmb@alzheimer.mb.ca)  
• 204-943-6622

## EARLY BIRD OPPORTUNITY

Register by September 21  
and be entered to win a  
Caregiver Gift Pack!



**ALL SENIORS CARE**  
LIVING CENTRES™

*Where Caring is Our Number One Concern™*

Event Sponsor