

Family Education for those Experiencing Dementia Spring 2019 Calendar

ANNUAL GENERAL MEETING

2019 AGM and VOLUNTEER RECOGNITION

Tuesday, June 25, 2019

Alzheimer Society of Manitoba - Provincial Office
10-120 Donald Street - 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.

*To attend, please contact Nerriza Bautista:
204-943-6622 or nbautista@alzheimer.mb.ca*

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, April 6 - 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 4 - 9 am – 12 pm

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

PART THREE: Saturday, June 8 - 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, Wpg, MB**

*Refreshments and resources are included
Sessions are \$10 each*

FAMILY EDUCATION: NEXT STEPS

DRIVING AND DEMENTIA

Are you concerned about your family member or friend who has dementia and is driving? Become informed about how dementia can impact driving and learn what's involved in a medical assessment by the Driver Fitness Unit.

Wednesday, April 17, 2019, 7-8:30 pm

Riverside Lion's Estates - 188 Worthington Ave

Presented by: **Annie Lovering**, *Medical Assessment Policy Analyst, Manitoba Public Insurance/ Driver Fitness*

FINANCIAL AND LEGAL MATTERS

Learn how to manage complex situations that arise when you are a Power of Attorney or Health Care Proxy. Important matters related to bank accounts, legal documents and other future planning concerns will be discussed.

Wednesday, May 15, 2019, 7-8:30 pm

Amber Meadow; 320 Pipeline Road

Presented by: **Heather Dixon**, *Lawyer, The People's Corner Law Office*

CONNECTING THE DOTS: THE LINK BETWEEN ORAL HEALTH AND NUTRITION

Oral health and good nutrition is essential for general health. People with dementia are at an increased risk of poor oral health which can then affect their quality of life. Learn what the risks are and how to support the person with dementia in maintaining their oral health and nutrition. Get ideas on how to address concerns such as dental visits, daily oral care, side effects of medications, preferred types of food and other issues that can affect oral health and nutrition.

Wednesday, June 12, 2019, 7-8:30 pm

Park Manor Care Home; 301 Redonda St.

Presented by: **Dr. Khalida Hai-Santiago**, *DMD Oral Health Consultant, Environmental and Public Health, Manitoba Health, Seniors and Active Living*

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®

The **Minds in Motion**® program connects people living with early to moderate symptoms of dementia through physical activity, socialization and cognitive activities.

HOW TO REGISTER

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

Winnipeg Locations

Cindy Klassen Recreation Complex - 311

999 Sargent Ave
April 3 - May 22 | Wednesdays, 10 am - 12 pm

Riverwood Square - 204-275-7632

1778 Pembina Hwy
April 9 - May 28 | Tuesdays, 10 am - 12 pm

YMCA – YWCA of Winnipeg - 204-233-3476

(South Branch)
5 Fermor Avenue
April 9 - May 28 | Tuesdays, 1:30 - 3:30 pm

The Reh-Fit Centre - 204-488-8023

1390 Taylor Ave
April 9 - May 28 | Tuesdays, 1:30 - 3:30 pm

YMCA – YWCA of Winnipeg - 204-668-8140

(Elmwood-Kildonan Branch)
454 Kimberly Avenue
April 11 - May 30 | Thursdays, 1 - 3 pm

The Rady Jewish Community Centre - 204-477-7510

123 Doncaster Street
April 11 - May 30 | Thursdays, 10 am - 12 pm

City of Winnipeg - St. James Civic Centre - 311

2055 Ness Avenue
April 5 - May 31 (off April 19) | Fridays, 1 - 3 pm

The Wellness Institute - 204-632-3900

1075 Leila Avenue
April 17 - June 5 | Wednesdays, 2 - 4 pm

Regional Locations

Morden - Access Event Centre - 204-822-5431

111 Gilmour Street, Morden, MB
April 4 - May 23 | Thursdays, 1:30 - 3:30 pm

Altona - The Gardens On Tenth - 204-324-8945

140 10th Ave NE, Altona, MB
April 9 - May 28 | Tuesdays, 10 am - 12 pm

Steinbach - Fernwood Place - 204-326-2547

303 3rd Street, Steinbach, MB
April 9 - May 28 | Tuesdays, 9:30 - 11:30 am

Portage la Prairie - Hermon Prior Centre - 204-857-6951

40 Royal Road N., Portage la Prairie, MB
April 10 - May 29 | Wednesdays, 1 - 3 pm

Selkirk - Gordon Howard Centre - 204-785-2092

384 Eveline Street, Selkirk, MB
April 10 - May 29 | Wednesdays, 1-3 pm



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.

To register as a volunteer, please contact: Kathy Diehl Cyr, **Minds in Motion**® Program Manager
204-943-6622 or 1-800-378-6699 | mindsinmotion@alzheimer.mb.ca

alzheimer.mb.ca/mindsinmotion/joinourteam