

## UPCOMING SEMINARS Winter/Spring 2020

**Selkirk Regional Health Centre  
120 Easton Dr., Selkirk, MB  
OPC Board Room**

### **Refusing Medications: Why, What and How?**

**Tuesday, February 11, 6:30 – 8 pm**

Learn tips on cueing people to take their medications, questions to ask health providers about medications, along with other issues and considerations around medications and dementia.

**Presented by:** Terri Bowser, Regional Educator, Rehabilitation, Healthy Aging and Seniors Care, Winnipeg Regional Health Authority

### **Legal Matters**

**Tuesday, March 10, 6:30 – 8 pm**

Find out more about three legal documents that are important for future planning – wills, powers of attorney and health care directives. What are they, why are they important and how do you get them?

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

### **Transitioning to Long Term Care**

**Tuesday, April 14, 6:30 – 8 pm**

Understand the process when transitioning to a personal care home. Where should you start? Who should you talk to? How long is the wait time? What if you decline a bed offer?

**Presented by:** Michelle Janz, Mental Health Resource Nurse,  
Fairview Long Term Care, Brandon

**Please  
arrive by  
6:15 pm**

**Everyone  
Welcome!**

You can register:  
Online: [alzheimer.mb.ca](http://alzheimer.mb.ca)  
Email: [alzmb@alzheimer.mb.ca](mailto:alzmb@alzheimer.mb.ca)  
Phone: 1-800-378-6699

