

Family Education Spring 2021 Calendar

FAMILY EDUCATION: NEXT STEPS

MEDICATIONS AND MEDICATION SAFETY

Sponsored by Edison Properties

Medications help us in many different ways, but our bodies become more sensitive to their effects as we age and may carry more risk than benefit. This session will focus on medications that may provide benefits or increase risk for people with dementia.

Wednesday, April 28, 6:30 - 7:30 pm

Presented by: **Allison Bell**, BScPharm, Pharmacy Manager, Winnipeg Regional Health Authority Long Term Care Program

LET'S TALK APHASIA AND DEMENTIA

Sponsored by Edison Properties

What is aphasia, how does it affect speech and what is its connection with dementia? Learn about this condition, the concept of Supported Conversation for Adults (SCA™) and how this approach can enhance communication between the person with aphasia/dementia and their care partners. This session will also provide available resources for people with aphasia and their care partners.

Wednesday, May 26, 6:30 - 7:30 pm

Presented by: **Brenda Rust**, MA, SLP (C) and **Glenda Gandza**, MD (retired), Program Clinicians, Westman Aphasia Inc., Brandon

WHAT IS MILD COGNITIVE IMPAIRMENT (MCI)?

Sponsored by Edison Properties

We all forget things from time to time and this can become more frequent as we get older. However, when someone has memory problems that are greater than what we expect of normal aging, does that mean it is dementia? In this session, learn about the differences between MCI and dementia, how MCI is diagnosed, how it impacts individuals and their families, and strategies for prevention and management.

Wednesday, June 23, 2 - 3 pm

Presented by: **Cornelia (Kristel) van Ineveld**, MD, Associate Professor, Geriatric Medicine and Postgraduate Education Director, Geriatrics, Rady Faculty of Health Sciences; Site Medical Director, Geriatrics, St. Boniface Hospital

LIVING WITH DEMENTIA: FIRST STEPS

A three-part information series for people supporting someone recently diagnosed with dementia. Learn from health and industry professionals as they discuss disease progression and future planning, as well as provide information on available services and resources.

PART ONE: Saturday, April 17, 10 - 11:45 am

- The progression of dementia
- Exercises to experience what dementia might feel like

PART TWO: Saturday, May 15, 10 - 11:45 am

- Legal and financial matters
- Safety at home for persons with dementia and their care partners

PART THREE: Saturday, June 12, 10 - 11:45 am

- Home care and community resources
- Advocating for the person with dementia
- Care for yourself

All sessions will be presented via Zoom. Please pre-register in advance by going to the links on the session titles or visiting our website.



Minds *in* Motion



Join us on ZOOM! Many participants have tried it and liked it!

This six-week program offers a 45-minute gentle chair fitness class followed by engaging conversation and online activities to enjoy from the comfort of home.

Virtual Minds in Motion Spring 2021 Sessions

Tuesdays, March 9 - April 13
2 - 3:30 pm

Thursdays, March 11 - April 15
10 - 11:30 am

Tuesdays, April 27 - June 1
2 - 3:30 pm

Thursdays, April 29 - June 3
10 - 11:30 am

Cost: \$45 per pair

Register now at alzheimer.mb.ca/mindsinmotion

To learn more about the program and how to become a volunteer, please contact:
Kathy Diehl Cyr, Community Partnership Manager
mindsinmotion@alzheimer.mb.ca | 204-943-6622