

# Online Family Education Fall 2021 Calendar

## CARE4U FAMILY CONFERENCE



A conference for family and friends caring for a person with dementia

*Learning strategies to find and strengthen your courage as a care partner*

Saturday, October 16, 2021 | 9 am - 12:30 pm | Via ZOOM

Cost: \$15

Event Sponsor 

## RESEARCH FORUM

### DIGGING DEEPER: WHAT'S BEHIND THE HEADLINES IN DEMENTIA RESEARCH?

Explore current and emerging dementia research featured in recent news headlines at this **free** public forum.

Tuesday, Sept. 21, 2021 | 6:30 - 8 pm | Via ZOOM

**Featuring:** Donald Weaver, MD, PhD, FRCPC, FCAHS, Director & Senior Scientist, Research Brain Institute, University Health Network, Toronto

Sponsored by 

## FAMILY EDUCATION: NEXT STEPS

### UNDERSTANDING RESPONSIVE BEHAVIOUR IN DEMENTIA

This session will focus on some behaviours that might be seen in dementia such as wandering, hoarding, physical and verbal escalations, hallucinations, delusions, etc. We will discuss potential triggers for these behaviors and effective ways to respond as care partners.

**Wednesday, September 29, 2021, 2 - 3 pm**

**Speaker:** Marlee Chancy, Community Outreach Worker at Southern Health-Santé Sud

### TRAVELLING SAFELY WITH DEMENTIA

A panel will be sharing important travel planning information such as handling changes in routine, concerns about getting lost, advice for success when travelling and more!

**Wednesday, November 3, 2021, 2 - 3 pm**

**Panel:** Alzheimer Society of Manitoba staff member, Winnipeg James Armstrong Richardson International Airport representative and a family living with dementia

### COMMUNICATION AND DEMENTIA: DETECTIVE WORK AND IMPROV SKILLS

Dementia makes communication a challenge at the best of times, and a pandemic doesn't help. This session will review principles of communicating with people living with dementia and touch on some of the added obstacles we have faced in the last year.

**Wednesday, December 15, 2021, 2 - 3 pm**

**Speaker:** Terri Bowser, RN, BN, Regional Educator, Rehabilitation, Healthy Aging and Seniors Care, Winnipeg Regional Health Authority, Winnipeg, MB

## 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, September 18, 10 – 11:45 am

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

### PART TWO: Saturday, November 13, 10 – 11:45 am

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

### PART THREE: Saturday, December 11, 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 visit [alzheimer.mb.ca](http://alzheimer.mb.ca).

Online Family Education sponsored by



**Minds in Motion**® is a program designed for people with early to moderate signs of dementia to attend with a family member or friend. This weekly program offers 8 sessions including; a gentle chair fitness class followed by engaging activities and conversation.

### HOW TO REGISTER

Registration occurs through the location where the **Minds in Motion**® program takes place.

**Cost: \$65 per participant pair.**

#### Virtual Session

##### **Alzheimer Society of Manitoba - 204-943-6622**

Via Zoom (\$45/pair)  
Thursdays, Oct. 14 - Dec. 9 | 10 - 11:30 am  
(No Session Nov. 11)

#### Winnipeg Locations

##### **Chalmers Community Centre - 311**

480 Chalmers Ave  
Thursdays, Oct 14. - Dec. 9 | 10:30 am - 12:30 pm  
(No Session Nov. 11)

##### **Cindy Klassen Recreation Complex - 311**

999 Sargent Ave  
Wednesdays, Oct. 13 - Dec. 1 | 10 am - 12 pm

##### **Dakota Community Centre - 204-254-1010**

1188 Dakota Street  
Tuesdays, Oct. 12 - Nov. 30 | 1:30 - 3:30 pm

##### **Rady JCC Fitness Centre - 204-477-7510**

123 Doncaster Street  
Fridays, Oct. 15 - Dec. 3 | 10 am - 12 pm

##### **Riverwood Square - 204-275-7632**

1778 Pembina Hwy  
Tuesdays, Oct. 12 - Dec. 1 | 10 am - 12 pm

##### **St. James Assiniboia Centennial Pool and Fitness Centre - 311**

644 Parkdale Street  
SESSION 1: Wednesdays, Oct. 13 - Dec. 1 | 1:30 - 3:30 pm  
SESSION 2: Fridays, Oct. 15 - Dec. 3 | 1 - 3 pm

##### **The Wellness Institute - 204-632-3900**

1075 Leila Avenue  
Wednesdays, Oct. 13 - Dec. 1 | 1:30 - 3:30 pm

#### Regional Locations

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

140 10th Ave NE. Altona, MB  
Tuesdays, Oct. 12 - Nov. 30 | 10 am - 12 pm

##### **Brandon - Prairie Oasis Senior Centre - 204-727-6641**

241 8th Street, Brandon, MB  
Wednesdays, Oct. 13 - Dec. 1 | 1:30 - 3:30 pm

##### **Gimli - Gimli New Horizons - 204-642-7297**

17 North Colonization Road, Gimli, MB  
Mondays, Oct. 18 - Dec. 6 | 1 - 3 pm

##### **Selkirk - Gordon Howard Centre - 204-785-2092**

384 Eveline Street, Selkirk, MB  
Wednesdays, Oct. 13 - Dec. 1 | 1-3 pm

##### **Steinbach - Pat Porter Active Living Centre - 204-320-4600**

10 Chrysler Gate, Steinbach, MB  
Thursdays, Oct. 14 - Dec. 9 | 10 am - 12 pm  
(No Session Nov. 11)

##### **Winkler - Buhler Active Living Centre - 204-331-4646**

650 S Railway Ave, Winkler, MB  
Wednesdays, Oct. 13 - Dec. 1 | 10 am - 12 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.

**For more information, please contact:** Kathy Diehl Cyr, Community Partnerships Manager

204-943-6622 ex. 203 | [mindsinmotion@alzheimer.mb.ca](mailto:mindsinmotion@alzheimer.mb.ca)

[alzheimer.mb.ca/mindsinmotion](http://alzheimer.mb.ca/mindsinmotion)