

# Online Family Education Winter 2022 Calendar

## FAMILY EDUCATION: NEXT STEPS

### A RESIDENT IN DISTRESS: LESSONS FROM 3 PERSPECTIVES

From the viewpoint of a nurse, educator and daughter of a person with dementia, Sheila will share the experiences of a person with dementia in distress. This session will help you understand the cognitive changes related to the progression of dementia, learn techniques to identify the causes and approaches to behaviour changes.

**Wednesday, January 26, 2022, 2 - 3 pm**

**Speaker:** Sheila Smith, RN, BN, Regional Educator, Long Term Care Program, WRHA

### INCONTINENCE: IT'S MORE THAN JUST HAVING AN ACCIDENT

Urinary incontinence can have significant physical and emotional impact on a person with dementia and the care partner. Learn about modifiable risk factors and effective treatments that can help maintain comfort and dignity for all.

**Wednesday, March 23, 2022, 2 - 3 pm**

**Speaker:** Dr. William Gibson, Assistant Professor, Faculty of Medicine & Dentistry, University of Alberta, Edmonton

## FINANCIAL WORKSHOP

### FINANCIAL CONFIDENCE WORKSHOP, PRESENTED BY IG WEALTH MANAGEMENT

Feeling confident about your finances can positively impact many areas of your life and overall health. This presentation will cover benefits you may qualify for and how you can access them (like government and tax benefits and credits) and fundamental planning all Canadians should have in place to protect themselves.

**Wednesday, February 23, 2022, 2 - 3 pm**

**Speaker:** Laura Bishop, QAFP, RRC, Consultant, Investors Group Financial Services Inc.



## 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, January 15, 10 – 11:45 am

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

### PART TWO: Saturday, February 12, 10 – 11:45 am

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

### PART THREE: Saturday, March 12, 10 – 11:45 am

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

**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 Motion

**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, 6 weeks)

Thursdays, Jan. 13 - Feb. 17 | 10 - 11:30 am

## REGIONAL LOCATIONS

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

241 8th Street, Brandon, MB  
Wednesdays, Jan. 19 - Mar. 9 | 1:30 - 3:30 pm

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

10 Chrysler Gate, Steinbach, MB  
Thursdays, Jan. 20 - Mar. 10 | 10 am - 12 pm

## WINNIPEG LOCATIONS

**Chalmers Community Centre - 311**

480 Chalmers Ave  
Thursdays, Jan. 13 - Mar. 3 | 10:30 am - 12:30 pm

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

1778 Pembina Hwy  
Tuesdays, Jan. 11 - Mar. 1 | 10 am - 12 pm

**Cindy Klassen Recreation Complex - 311**

999 Sargent Ave  
Wednesdays, Jan. 12 - Mar. 2 | 10 am - 12 pm

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

644 Parkdale Street  
Fridays, Jan. 14 - Mar. 4 | 1 - 3 pm

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

1188 Dakota Street  
Tuesdays, Jan. 18 - Mar. 8 | 1:30 - 3:30 pm

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

1075 Leila Avenue  
Wednesdays, Jan. 12 - Mar. 2 | 1:30 - 3:30 pm

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

123 Doncaster Street  
Fridays, Jan. 14 - Mar. 4 | 10 am - 12 pm

## INTERESTED IN BECOMING A MINDS IN MOTION® VOLUNTEER?

We're looking for volunteers to help facilitate Minds in Motion® programs in their community!

Learn more about the program and the role at [alzheimer.mb.ca/mindsinmotion](http://alzheimer.mb.ca/mindsinmotion).

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)