

Online Family Education Spring 2022 Calendar

FAMILY EDUCATION: NEXT STEPS

HOW CLOSE IS TOO CLOSE?

CONVERSATIONS ABOUT SEXUALITY AND INTIMACY IN DEMENTIA

All of us, including people with dementia, have needs and wishes for friendship, companionship, intimacy and the expression of our sexuality. Because of brain changes, the person with dementia may express their desire for intimacy in ways that can make others uncomfortable. Sylvia will discuss how dementia can affect sexual expression and share strategies for managing intimate, and sometimes challenging situations.

Wednesday, April 20, 2022, 2 - 3 pm

Speaker: Sylvia Davidson, MSc, OT Reg. (Ont.), Hospital Manager/Professional Practice Chief, Occupational Therapy, Physiotherapy and Therapeutic Recreation, Baycrest Health Sciences, Toronto

MEALTIME AND SWALLOWING ISSUES IN DEMENTIA

The effects of dementia on a person's eating, drinking and swallowing abilities can have a significant impact on their health and well-being. Kelly will further explore why these changes happen, what risks they bring and offer practical suggestions on how you can safely support a person who may be having difficulties with swallowing.

Wednesday, May 11, 2022, 2 - 3 pm

Speaker: Kelly Tye Vallis, MS, Speech-Language Pathologist, Deer Lodge Centre, WRHA

FAMILY EDUCATION: NEXT STEPS

UNDERSTANDING RESPONSIVE BEHAVIOURS

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

Wednesday, June 15, 2022, 2 - 3 pm

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

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 9, 10 – 11:45 am

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

PART TWO: Saturday, May 7, 10 – 11:45 am

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

PART THREE: Saturday, June 4, 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.

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 **(6 weeks - \$45/pair)**

Thursdays, Mar. 3 - Apr. 7 | 10 - 11:30 am

REGIONAL LOCATIONS

Brandon - Prairie Oasis Senior Centre

204-727-6641

241 8th Street, Brandon, MB

Wednesdays, Apr. 13 - Jun. 1 | 1:30 - 3:30 pm

Selkirk - Gordon Howard Centre

204-785-2092

384 Eveline Street, Selkirk, MB

Wednesdays, Apr. 6 - May 25 | 1 - 3 pm

WINNIPEG LOCATIONS

Chalmers Community Centre - 311

480 Chalmers Avenue

Thursdays, Apr. 7 - May 26 | 10:30 am - 12:30 pm

Riverwood Square - 204-275-7632

1778 Pembina Highway

Tuesdays, Apr. 5 - May 24 | 10 am - 12 pm

Cindy Klassen Recreation Complex - 311

999 Sargent Avenue

Wednesdays, Apr. 6 - May 25 | 10 am - 12 pm

St. James Centennial Pool and Fitness Centre - 311

644 Parkdale Street

Fridays, Apr. 1 - May 27 | 1 - 3 pm

Dakota Community Centre - 204-254-1010

1188 Dakota Street

Tuesdays, Apr. 5 - May 24 | 1:30 - 3:30 pm

The Wellness Institute - 204-632-3900

1075 Leila Avenue

Wednesdays, Apr. 6 - May 25 | 1:30 - 3:30 pm

Rady JCC Fitness Centre - 204-477-7510

123 Doncaster Street **(6 weeks - \$49/pair)**

Fridays, Apr. 29 - Jun. 3 | 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.

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

204-943-6622 ex. 203 | mindsinmotion@alzheimer.mb.ca