

# Family Education Fall 2023 Calendar

## CARE4U FAMILY CONFERENCE



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

Saturday, Oct. 28, 2023 | 9 am - 3:30 pm | \$50  
Canad Inns Destination Centre Polo Park  
1405 St. Matthews Ave, Winnipeg, MB  
Register at [alzheimer.mb.ca/care4u](http://alzheimer.mb.ca/care4u)

Event Sponsor 

## RESEARCH FORUM

WHAT'S NEW IN DEMENTIA RESEARCH?  
ASK THE EXPERT!

Thursday, Sept. 21, 2023 | 6 - 7:30 pm  
Canadian Mennonite University  
500 Shaftesbury Blvd, Winnipeg, MB



Featuring Dr. Donald Weaver, Director and Senior Scientist, Krembil Brain Institute, University Health Network (UHN), Toronto

Register Now at [alzheimer.mb.ca/researchforum](http://alzheimer.mb.ca/researchforum)

## LIVING WITH DEMENTIA: FIRST STEPS

A three-part information series for people supporting someone recently diagnosed with dementia.

**\*Please note you do not need to attend these in order.\***

### PART ONE: Saturday, Sept. 9, 10 – 11:45 am

- The progression of dementia
- Programs and services overview

**Location:** Virtual or Alzheimer Society of Manitoba Boardroom, 10-120 Donald Street, Winnipeg, MB

**Speaker:** Dr. Cornelia van Ineveld, Associate Professor, Geriatric Medicine, Site Medical Director, Geriatrics SBH, Rady Faculty of Health Sciences

### PART TWO: Saturday, Nov. 4, 10 – 11:45 am

- Legal and financial matters

**Location:** Virtual or Alzheimer Society of Manitoba Boardroom, 10-120 Donald Street, Winnipeg, MB

**Speaker:** Heather Dixon, Retired Counsel

### PART THREE: Saturday, Dec. 2, 10 – 11:45 am

- Home care services and criteria

**Location:** Virtual or Alzheimer Society of Manitoba Boardroom, 10-120 Donald Street, Winnipeg, MB

**Speaker:** WRHA Home Care

## FAMILY EDUCATION: NEXT STEPS

### REDUCING THE RISK OF DEMENTIA

This session will focus on risk reduction strategies you can start now to reduce the risk of developing dementia such as lifestyle changes, social interactions and more.

**Wednesday, Sept. 6, 2023, 10 - 11 am**

**Location:** Virtual via ZOOM

**Speaker:** Dr. Kristina Swain, MD, CCFP, Department of Family Medicine Enhanced Skills Care of the Elderly, University of Manitoba

### NAVIGATING THE LONG-TERM CARE SYSTEM

What is paneling and how do you initiate the process? Recognizing that everyone's dementia journey is different, this session will outline the "typical steps" as well as answer common questions that can come up when navigating the long-term care system.

**Wednesday, Sept. 20, 2023, 2 - 3 pm**

**Location:** Virtual or Alzheimer Society of Manitoba Boardroom, 10-120 Donald Street, Winnipeg, MB

**Speaker:** Timothy Sandron, MSW, RSW, Clinical Team Leader, Long-Term Care Access Centre

**LEARN MORE AND REGISTER  
TODAY AT ALZHEIMER.MB.CA!**

Family Education: Next Steps Sponsored by



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## FAMILY EDUCATION: NEXT STEPS

### CANADA REVENUE AGENCY INFORMATION SESSION

Join us for an informative presentation by Canada Revenue Agency (CRA) on a variety of topics related to taxes including Disability Tax Credit, Canada Caregiver Credit, Home Accessibility Tax Credit and more. Scam awareness will also be discussed.

**Wednesday, Oct. 4, 2023, 2 - 3 pm**

**Location:** Virtual or Alzheimer Society of Manitoba Boardroom, 10-120 Donald Street, Winnipeg, MB  
**Speaker:** Sean Matyas, Senior CVITP and Benefits Outreach Officer, Canada Revenue Agency Western Region

### LIFE IN LONG-TERM CARE

Learn more about the supports in place within long-term care, as well as tips and tricks you can use when working with care teams and advocating for your family member, including how to enhance your visits.

**Tuesday, Oct. 10, 2023, 10 - 11 am**

**Location:** Virtual or Alzheimer Society of Manitoba Boardroom, 10-120 Donald Street, Winnipeg, MB  
**Speaker:** Meagan Fitzpatrick, BSW, RSW, First Link® Client Support Coordinator, Alzheimer Society of Manitoba

### HANDS-ON CARE PARTNER WORKSHOP

The Community Therapy Services team will demonstrate safety techniques for care partners when assisting with bathing, walking, etc. This hands-on workshop will provide tools, tips and review equipment care partners can use every day to support those living with dementia.

**Wednesday, Nov. 15, 2023, 6 - 8 pm**

**Location:** Assiniboia West Recreation Association, 861 Buchanan Blvd., Winnipeg, MB  
**Speaker:** Community Therapy Services

## FAMILY EDUCATION: NEXT STEPS

### WRHA OUTREACH SERVICES:

#### GERIATRIC MENTAL HEALTH TEAMS AND GERIATRIC PROGRAM ASSESSMENT

What is GPAT/GMHT and what can it offer to families impacted by dementia? Learn about the outreach services available as well as additional programming such as Adult Day Programs.

**Friday, Nov. 24, 2023, 10 - 11 am**

**Location:** Virtual or Alzheimer Society of Manitoba Boardroom, 10-120 Donald Street, Winnipeg, MB  
**Speaker:** Dr. Lois Stewart-Archer, RN, PhD, CPMHN(C), WRHA Regional Clinical Nurse Specialist

### COMMUNICATION & EMPATHY

People living with dementia may experience difficulty expressing themselves in conversations. This presentation will offer tips to help assist someone experiencing communication changes and provide additional resources.

**Wednesday, Dec. 13, 2023, 10 - 11 am**

**Location:** Virtual or Winakwa Community Club, 980 Winakwa Rd, Winnipeg, MB  
**Speaker:** Kelly Tye Vallis, MS, Speech-Language Pathologist, Deer Lodge Centre, WRHA

### CARE PARTNER BURNOUT & STRESS

Providing care to someone living with dementia may take a toll on your physical and emotional health. Learn about practical strategies to reduce feelings of burnout and stress as a care partner.

**Monday, Dec. 18, 2023, 2 - 3 pm**

**Location:** Virtual or Alzheimer Society of Manitoba Boardroom, 10-120 Donald Street, Winnipeg, MB  
**Speaker:** Jamie L. Penner RN, PhD(c), Assistant Professor, College of Nursing, Rady Faculty of Health Sciences

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Family Education: Next Steps 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 unless noted.**

### VIRTUAL SESSION

Alzheimer Society of Manitoba

**204-943-6622** - Via Zoom (*6 weeks - \$45/pair*)

Thursdays, Oct 12 - Nov 16 | 10 - 11:30 am

[Register Now!](#)

### WINNIPEG LOCATIONS

#### Chalmers Community Centre

**311** - 480 Chalmers Ave.

Thursdays, Oct 12 - Nov 30 | 10:30 am - 12:30 pm

#### Dakota Community Centre

**204-254-1010** - 1188 Dakota St.

Tuesdays, Oct 10 - Nov 28 | 1:30 - 3:30 pm

#### Rady JCC Fitness Centre

**204-477-7510** - 123 Doncaster St.

Wednesdays, Oct 11 - Nov 29 | 10 am - 12 pm

#### Riverwood Square

**204-275-7632** - 1778 Pembina Hwy.

Tuesdays, Oct 10 - Nov 28 | 10 am - 12 pm

#### St. James Assiniboia 55+ Centre

**204-987-8850** - 3rd Floor - 203 Duffield St.

Tuesdays, Oct 10 - Nov 28 | 1:30 - 3:30 pm

*Full Program - \$75/members, \$95/non-members*

*Drop In - \$10/members, \$13/non-members*

#### St. James Civic Centre

**311** - 2055 Ness Ave.

Fridays, Oct 13 - Dec 1 | 1 - 3 pm

#### The Wellness Institute

**204-632-3900** - 1075 Leila Ave.

Wednesdays, Oct 11 - Nov 29 | 1:30 - 3:30 pm

### REGIONAL LOCATIONS

#### Altona - The Gardens on Tenth

**1-204-324-8945** - 140 10 Ave. NE

Mondays, Oct 16 - Dec 4 | 1:30 - 3:30 pm

#### Brandon - Seniors for Seniors

**1-204-571-2050** - 311 Park Ave. East, Brandon, MB

Thursdays, Oct 12 - Nov 30 | 1:30 - 3:30 pm

#### Portage la Prairie - Herman Prior Centre

**1-204-857-6951** - 40 Royal Rd. North

Wednesdays, Oct 11 - Nov 29 | 1:30 - 3:30 pm

#### Selkirk - Gordon Howard Centre

**1-204-785-2092** - 384 Eveline St.

Wednesdays, Sept 20 - Nov 8 | 1 - 3 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: Nicole McDonald, Dementia-Friendly Community Program Manager**

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