

Family Education Winter 2024 Calendar

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, Jan. 13, 10 – 11:45 am

- The progression of dementia
- Programs and services overview

Location: Virtual via ZOOM

Speaker: Dr. Kirsten Clark, MD, Certification in the Care of the Elderly

PART TWO: Saturday, Feb. 3, 10 – 11:45 am

- Legal and financial matters

Location: Virtual via ZOOM

Speaker: Heather Dixon, Retired Counsel

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

- WRHA Home Care Services Overview

Location: Virtual via ZOOM

Speaker: WRHA Home Care

FAMILY EDUCATION: NEXT STEPS

ACCESSING COMMUNITY RESOURCES

Are you uncertain of how to access meal services, transportation options or other community resources? Learn about available supports such as Emergency Response Information Kits (ERIK), home safety and more.

Wednesday, Jan. 17, 2024, 2 - 3 pm

Location: Virtual via ZOOM

Speaker: Amanda Cross, First Link® Client Support Coordinator, Alzheimer Society of Manitoba

Q & A WITH THE FIRST LINK® CLIENT SUPPORT TEAM

Do you have questions about dementia, caregiving strategies, communication tips and more? Join our First Link® Client Support team to learn some of the common questions received by the Client Support team about navigating the dementia journey.

Wednesday, Jan. 24, 2024, 2 - 3 pm

Location: Virtual via ZOOM

Speaker: Sarah Dueck, First Link® Team Lead; Samantha Holland, First Link® Regional Team Lead, Alzheimer Society of Manitoba

FAMILY EDUCATION: NEXT STEPS

NAVIGATING GRIEF

This session will explain the various ways in which one may experience feelings of grief and loss when someone living with dementia transitions into long-term care or passes away. Become familiar with the signs of grief, the factors that may complicate the feelings, and gain an understanding of various coping strategies for living with it.

Tuesday, Feb. 20, 2024, 10 - 11 am

Location: Virtual via ZOOM

Speaker: Dr. Lesley Koven, Ph.D., Clinical Psychologist and Assistant Professor, University of Manitoba; Resident Xiaolei Deng, M.A.

COMPLEX LEGAL SITUATIONS

Most legal situations are complex and can be hard to navigate without the assistance of a lawyer. Join retired lawyer Heather Dixon for an in-depth conversation on complex legal scenarios including the topics of Probate, Powers of Attorney duties, banking, Intestate Succession Act, Committee applications and more.

Tuesday, Mar. 13, 2024, 2 - 3 pm

Location: Virtual via ZOOM

Speaker: Heather Dixon, Retired Counsel

LIFE IN LONG-TERM CARE

This presentation will provide information about the supports available within long-term care, tips and tricks when working with care teams and advocating for your family member and how to enhance your visits.

Wednesday, Mar. 27, 2024, 2 - 3 pm

Location: Virtual via ZOOM

Speaker: Meagan Fitzpatrick, First Link® Client Support Coordinator, Alzheimer Society of Manitoba

If you are interested in a session but cannot attend virtually, please email ekinnaid@alzheimer.mb.ca.

Family Education: Next Steps Sponsored by



LEARN MORE AND REGISTER NOW AT ALZHEIMER.MB.CA!

Minds *in* 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 unless noted.

WINNIPEG LOCATIONS

Faith Lutheran Church

204-943-6622 - 1311 Dakota St.

Thursdays, Jan 25 - Mar 14 | 10 am - 12 pm

[REGISTER HERE](#)

Rady JCC Fitness Centre

204-477-7510 - 123 Doncaster St.

Wednesdays, Jan 24 - Mar 13 | 10 am - 12 pm

Riverwood Square

204-275-7632 - 1778 Pembina Hwy.

Tuesdays, Jan 23 - Mar 12 | 10 am - 12 pm

The Wellness Institute

204-632-3900 - 1075 Leila Ave.

Wednesdays, Jan 24 - Mar 13 | 1:30 - 3:30 pm

YMCA (Elmwood - Kildonan)

204-668-8140 - 454 Kimberly Ave.

Thursdays, Jan 25 - Mar 14 | 1:30 - 3:30 pm

YMCA (West Portage)

204-889-8052 - 3550 Portage Ave.

Tuesdays, Jan 23 - Mar 12 | 1 - 3 pm

REGIONAL LOCATIONS

Altona - The Gardens on Tenth

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

Mondays, Jan 8 - Feb 26 | 1:30 - 3:30 pm

Brandon - Seniors for Seniors

1-204-571-2050 - 311 Park Ave. East

SESSION #1

Thursdays, Nov 9, 16, 23, 30, Dec 7, 14,
Jan 11, 18 | 1:30 - 3:30 pm

SESSION #2

Thursdays, Jan 25 - Mar 14 | 1:30 - 3:30 pm

Carman - Carman Active Living Centre

1-204-785-2092 - 47 Ed Belfour Dr.

Fridays, Jan 12 - Mar 8 | 1 - 3 pm

NO SESSION JAN 26

Portage la Prairie - Herman Prior Centre

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

Wednesdays, Jan 24 - Mar 13 | 1:30 - 3:30 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: Nicole McDonald, Dementia-Friendly Community Program Manager

204-943-6622 | nmcdonald@alzheimer.mb.ca