

# Family Education Spring 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 sessions in order.\***

### PART ONE: Saturday, April 6, 10 – 11:45 am

- The progression of dementia
- Programs and services overview

**Location:** Virtual via ZOOM

**Speaker:** Dr. Kristina Swain, MD, CCFP Department of Family Medicine, University of Manitoba

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

- Legal and financial matters

**Location:** Virtual via ZOOM

**Speaker:** Gerrit Theule, Partner at Wolseley Law LLP.

### PART THREE: Saturday, June 1, 10 – 11:45 am

- WRHA Home Care Services Overview

**Location:** Virtual via ZOOM

**Speaker:** WRHA Home Care

## FAMILY EDUCATION: NEXT STEPS

### FRAUDS & SCAMS, PRESENTED BY WINNIPEG POLICE SERVICE

Millions of dollars are lost through frauds and scams. All segments of the population are impacted by this type of crime and anyone can be a target. Learn from a member of the Winnipeg Police Service about the types of scams, how to report them, tips and tools to protect yourself and more.

**Tuesday, April 16, 2 - 3 pm**

**Location:** Virtual via ZOOM

**Speaker:** Winnipeg Police Service

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

If you are interested in a session but cannot attend virtually, please email [ekinnaid@alzheimer.mb.ca](mailto:ekinnaid@alzheimer.mb.ca).

## FAMILY EDUCATION: NEXT STEPS

### UNDERSTANDING RESPONSIVE BEHAVIOURS

Responsive behaviours refers to actions, words or gestures presented by a person living with dementia as a way of responding to something confusing in their environment. Learn more about these behaviours, potential causes and triggers and ways to respond.

**Tuesday, May 21, 2 - 3 pm**

**Location:** Virtual via ZOOM

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

### SLEEP MATTERS: UNDERSTANDING THE RELATIONSHIP BETWEEN SLEEP & DEMENTIA

Sleep can impact those living with dementia in different ways. This session will discuss important aspects about the relationship between sleep and dementia, how insufficient sleep can increase the risk of falls and responsive behaviours, ways to identify features that contribute to poor sleep and more.

**Tuesday, June 11, 2 - 3 pm**

**Location:** Virtual via ZOOM

**Speaker:** Dr. Cary Brown, FHEA, PhD, Professor, Department of Occupational Therapy, University of Alberta

### 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 they receive.

**Tuesday, June 25, 10 - 11 am**

**Location:** Virtual via ZOOM

**Speaker:** Alzheimer Society of Manitoba First Link® Client Support Team

Family Education Programs 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.**

#### WINNIPEG LOCATIONS

##### Faith Lutheran Church

**204-943-6622** - 1311 Dakota St.  
Thursdays, Apr 11 - May 30 | 10 am - 12 pm  
[REGISTER HERE](#)

##### Rady JCC Fitness Centre

**204-477-7510** - 123 Doncaster St.  
Wednesdays, Apr 10 - May 29 | 10 am - 12 pm

##### Riverwood Square

**204-275-7632** - 1778 Pembina Hwy.  
Tuesdays, Apr 9 - May 28 | 10 am - 12 pm

##### The Wellness Institute

**204-632-3900** - 1075 Leila Ave.  
Wednesdays, Apr 10 - May 29 | 1:30 - 3:30 pm

##### YMCA (Elmwood - Kildonan)

**204-668-8140** - 454 Kimberly Ave.  
Thursdays, Apr 11 - May 30 | 1:30 - 3:30 pm

##### YMCA (West Portage)

**204-889-8052** - 3550 Portage Ave.  
Tuesdays, Apr 9 - May 28 | 1 - 3 pm

#### REGIONAL LOCATIONS

##### ALTONA - The Gardens on Tenth

**204-324-8945** - 140 10 Ave. NE  
Mondays, Apr 8 - May 27 | 1:30 - 3:30 pm

##### PORTAGE LA PRAIRIE - Herman Prior Centre

**1-204-857-6951** - 40 Royal Rd. North  
Wednesdays, Apr 10 - May 29 | 1:30 - 3:30 pm

##### BRANDON - Seniors for Seniors

**1-204-571-2050** - 311 Park Ave. East  
Thursdays, Apr 4 - May 23 | 1:30 - 3:30 pm

##### SELKIRK - Gordon Howard Centre

**1-204-857-6951** - 384 Eveline St.  
Wednesdays, Apr 3 - May 22 | 1 - 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](http://alzheimer.mb.ca/mindsinmotion).

For more information, please contact: Alana Duff, Dementia-Friendly Community Coordinator

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