

Family Education Fall 2024 Calendar

CARE4U FAMILY CONFERENCE



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

Saturday, Oct. 19, 2024 | 9 am - 3:30 pm | \$50
Victoria Inn Hotel & Convention Centre
1808 Wellington Ave, Winnipeg, MB
Register at alzheimer.mb.ca/care4u

Event Sponsor



RESEARCH FORUM

SPOTLIGHT ON LOCAL RESEARCH: CONNECTING THE DOTS

Thursday, Sept. 19, 2024 | 6 - 7:30 pm
Centre Culturel Franco-Manitobain (CCFM)
340 Provencher Blvd, Winnipeg, MB

Register now at alzheimer.mb.ca/researchforum2024



With live streaming viewing parties at participating Alzheimer Society regional locations

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. 14, 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 Enhanced Skills Care of the Elderly, University of Manitoba

PART TWO: Saturday, Nov. 2, 10 – 11:45 am

- Legal and financial matters

Location: Virtual via ZOOM

Speaker: Michelle Laham Szutiak, Senior Lawyer/ Arbitrator/ Mediator, The Peoples Corner Law Office

PART THREE: Saturday, Dec. 7, 10 – 11:15 am

- WRHA Home Care Services Overview

Location: Virtual via ZOOM

Speaker: Winnipeg Regional Health Authority (WRHA) Home Care

FAMILY EDUCATION: NEXT STEPS

MEANINGFUL ENGAGEMENT OF PEOPLE LIVING WITH DEMENTIA IN PHYSICAL ACTIVITIES

Involvement in physical activities is a good way to provide both mental and physical stimulation for people living with dementia. In this session, learn about adapting physical activity to varying levels of ability, strategies for motivating participation in activities and safety measurement and considerations

Tuesday, Sept. 24, 2024, 10 - 11 am

Location: Virtual via ZOOM

Speaker: Alana Duff, Dementia-Friendly Community Programs Coordinator, Alzheimer Society of Manitoba

LEARN MORE AND REGISTER TODAY AT ALZHEIMER.MB.CA

Family Education Programs Sponsored by



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

Family Education Fall 2024 Calendar

FAMILY EDUCATION: NEXT STEPS

WANDERING & DEMENTIA

Did you know that six in ten people who are living with dementia are at risk of getting lost in familiar or unfamiliar places? Join us for a discussion about wandering, safety, and strategies for reducing the risk(s).

Tuesday, Oct. 1, 2024, 10 - 11 am

Location: Virtual via ZOOM

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

MEALTIMES AND NUTRITION

Food and mealtimes are important aspects of a person's life, but food intake and meal enjoyment can change as dementia progresses. Understanding the eating habits and nutritional needs of someone living with dementia can help you understand changes in preferences and behaviour. Learn from Catherine and Tori as they discuss these changes and how mealtimes can be adapted safely.

Tuesday, Oct. 15, 10 - 11 am

Location: Virtual via ZOOM

Speaker: Catherine Marshall, RD and Victoria (Tori) Wyatt, RD

FAMILY EDUCATION: NEXT STEPS

MEDICAL ASSISTANCE IN DYING (MAID)

It's important to have accurate information about MAiD. This session will provide participants with details about updates to the federal legislation and its implementation in Manitoba, particularly in relation to individuals living with dementia and the "who, what, when, why and how" as these questions pertain to MAiD in Manitoba.

Tuesday, Nov. 12, 2 - 3 pm

Location: Virtual via ZOOM

Speaker: Kim Wiebe, MD, FRCPC, MPH, Medical Director, Medical Assistance in Dying, Shared Health

THE IMPORTANCE OF PHYSICAL ACTIVITY IN CARE PARTNER RISK REDUCTION

Did you know that physical inactivity and stress are risk factors for dementia? Join Nicole McDonald, Senior Manager of Dementia-Friendly Communities for an education session on self-care strategies for care partners, including ways to stay active and reduce stress while balancing the responsibilities of caring of someone living with dementia.

Tuesday, Dec. 10, 10 - 11 am

Location: Virtual via ZOOM

Speaker: Nicole McDonald, Senior Manager, Dementia-Friendly Communities, Alzheimer Society of Manitoba

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

Family Education Programs Sponsored by



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

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, Oct 17 - Dec 5 | 10 am - 12 pm
[REGISTER HERE](#)

Riverwood Square

204-275-7632 - 1778 Pembina Hwy
Tuesdays, Oct 15 - Dec 3 | 10 am - 12 pm

YMCA (Elmwood - Kildonan)

204-668-8140 - 454 Kimberly Ave
Thursdays, Oct 17 - Dec 5 | 1:30 - 3:30 pm

Rady JCC Fitness Centre

204-477-7510 - 123 Doncaster St
Wednesdays, Oct 16 - Dec 4 | 10 am - 12 pm

The Wellness Institute

204-632-3900 - 1075 Leila Ave
Wednesdays, Oct 16 - Dec 4
1:30 - 3:30 pm AND 6 - 8 pm

YMCA (West Portage)

204-889-8052 - 3550 Portage Ave
Tuesdays, Oct 15 - Dec 3 | 1 - 3 pm

REGIONAL LOCATIONS

ALTONA - The Gardens on Tenth

204-324-8945 - 140 10 Ave NE
Mondays, Sept 16 - Nov 25 | 1:30 - 3:30 pm
No session on Sept 30, Oct 14, Nov 11

BRANDON - Seniors for Seniors

1-204-571-2050 - 311 Park Ave East
Thursdays, | 1:30 - 3:30 pm
Session #1: Sept 12 - Oct 31 | Session #2: Nov 14 - Jan 23

CARMAN - Carman Active Living Centre

1-204-745-2356 - 47 Kings Rd
Fridays, Sept 13 - Nov 8 | 1 - 3 pm
No session on Oct 25

PORTAGE LA PRAIRIE - Herman Prior Centre

1-204-857-6951 - 40 Royal Rd North
Wednesdays, Sept 18 - Nov 6 | 1:30 - 3:30 pm

SELKIRK - Gordon Howard Centre

1-204-857-6951 - 384 Eveline St
Wednesdays, Sept 18 - Nov 6 | 1 - 3 pm

STEINBACH - Pat Porter Active Living Centre

1-204-320-4600 - 10 Chrysler Gate
Wednesdays, Sept 25 - Nov 13 | 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: Alana Duff, Dementia-Friendly Community Coordinator
204-943-6622 | aduff@alzheimer.mb.ca