

VIRTUAL LIVING WITH DEMENTIA: FIRST STEPS

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

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

PART ONE: Saturday, Sep 12

10 - 11:45 am | Virtual via ZOOM

Learn more about the progression of dementia and its impact on everyday life.

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

PART TWO: Saturday, Oct 24

10 - 11:45 am | Virtual via ZOOM

Learn about the legal and financial matters related to dementia to help ensure your affairs are together for you and your family.

Presented by: Gerrit Theule,
Partner, Wolseley Law LLP

PART THREE: Saturday, Nov 7

10 - 11:15 am | Virtual via ZOOM

Hear from Winnipeg Regional Health Authority's Home Care team about their services.

Presented by: Winnipeg Regional Health Authority (WRHA) Home Care

RESEARCH FORUM 2026

Dementia Research: Back to Basics

Thursday, Sep 17 | 6:30 - 8 pm

Virtual via Zoom



Join Dr. Weaver to clear up common misconceptions about dementia and explore the clinical and research evidence behind them.

Register now at

alzheimer.mb.ca/researchforum

CARE4U 2026

Stronger Together: Finding Support & Community

A conference for family and friends caring for people living with dementia.

Saturday, October 17 | 8 am - 3:30 pm

Victoria Inn Hotel & Convention Centre

Cost: \$50 (includes a lunch buffet/resources)



Presenting sponsor



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Register now at alzheimer.mb.ca/care4u

If you have any questions, please contact
Jennifer Licardo, Education Manager, at alzeducation@alzheimer.mb.ca.

LEARN MORE AND REGISTER TODAY AT ALZHEIMER.MB.CA

VIRTUAL NEXT STEPS FOR FAMILIES

PALLIATIVE CARE

Tuesday, Sep 15 | 10 - 11 am
Virtual via ZOOM

This session will discuss the palliative approach to dementia care and what to expect as end of life approaches.

Presented by: Jennifer McDougall,
Clinical Nurse Specialist, Palliative Care,
Winnipeg Regional Health Authority

GETTING THE MOST OUT OF CONVERSATIONS WITH THE DOCTOR

Tuesday, Oct 6 | 2 - 3 pm
Virtual via ZOOM

This session will help help care partners prepare for dementia-related conversations with primary care physicians.

Presented by: Dr. Phil St John,
Geriatrician, Health Sciences Centre

A CARE PARTNER'S GUIDE TO SLEEP & DEMENTIA

Tuesday, Nov 3 | 2 - 3 pm
Virtual via ZOOM

Join us for a discussion about sleep changes throughout the dementia journey and what care partners can do to help.

Presented by: Dr. Sophiya Benjamin,
Schlegel Chair for Mental Health in Aging,
McMaster University and
Julie Datta, MSW, RSW, PMP,
Alzheimer Society of Ontario

VIRTUAL NEXT STEPS FOR FAMILIES

PSYCHOSOCIAL FACTORS & BRAIN HEALTH

Thursday, Nov 19 | 2 - 3 pm
Virtual via ZOOM

This session will cover potentially modifiable risk factors, including hearing impairment, depression, social isolation, along with how to lower these risks.

Presented by: Dr. Colleen Millikin,
Clinical Neuropsychologist,
St Boniface General Hospital

LET'S TALK ABOUT CARE PARTNER WELLBEING

Tuesday, Dec 8 | 2 - 3 pm
Virtual via ZOOM

Join us to learn about the signs of exhaustion and decreased wellbeing, the challenges of self-care and practical ways to enhance wellbeing.

Presented by: Leah Bueckert,
MDiv, Education Coordinator,
Alzheimer Society of Manitoba

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