

# Family Education for those Experiencing Dementia 2013 Calendar

## EDUCATION

### Experiencing Dementia

**Thursdays, January 10 - February 28, 10-11:30am**

This 8-week program is designed to support family caregivers and people with early-stage dementia. Specialists and community professionals will help guide participants through the disease process and learn strategies for maximizing independence.

Interested participants must contact the Alzheimer Society for an interview at 204-943-6622 EXT 229 or email [cdemasi@alzheimer.mb.ca](mailto:cdemasi@alzheimer.mb.ca).

## COMMUNITY SESSIONS

### Tax Credits for Primary Caregivers & Where do I start? Living Options for Families Experiencing Dementia

Wednesday, February 20, 7-8:30 pm  
St. Basils, 202 Harcourt St

### What is this Emotional Roller Coaster I'm Riding? Exploring the Emotions We Feel When Our Family Member Has Dementia

Thursday, March 14, 7-8:30 pm  
Lindenwood Manor, 475 Lindenwood Dr E

### Delirium: Understanding What It Is and Knowing What To Do

Wednesday, April 17, 7-8:30 pm  
Donwood Manor, 171 Donwood Dr

### Redefining Companionship & Intimacy Amidst Dementia

Thursday, May 23, 7-8:30 pm  
Boni-Vital Council for Senior's, 1188 Dakota St

### Tips for Home Safety & The Safely Home Wandering Registry

Wednesday, June 5, 7-8:30 pm  
St. George's Anglican Church, 168 Wilton St

*All community sessions above are complimentary*

## SPOTLIGHT ON RESEARCH

**Thursday, January 24, 2013, 7-9 pm**

Centro Caboto, 1055 Wilkes Ave

Join us to hear four dementia researchers discuss their current initiatives taking place right here in Manitoba!

To register email [alzmb@alzheimer.mb.ca](mailto:alzmb@alzheimer.mb.ca) or call 204-943-6622.

## WORKSHOPS

### Living with Alzheimer's Disease or Other Dementias

Our two-day workshops feature presentations on the disease process from a medical, family and individual perspective, legal & financial considerations, helpful community resources, caregiver tips and home safety.

Cost: \$20 for 2-day workshop  
*includes resources & refreshments*

**Session 1:** Sat, January 26 & February 2, 9 am-2 pm  
Hosted by Seine River Retirement Residence  
1095 St. Anne's Rd

**Session 2:** *French Session!* Sat, March 9 (*one day only*)  
9 am-2 pm

Hosted by Villa Aulneau, 601 Rue Aulneau

**Session 3:** Sat, May 4 & May 11, 9 am-2 pm  
Hosted by Riverwood Square, 1778 Pembina Hwy

## Register (limited seating)

Three easy ways to register for any Community Sessions or Workshops:

1. ONLINE at [www.alzheimer.mb.ca](http://www.alzheimer.mb.ca)
2. Email [mmathews@alzheimer.mb.ca](mailto:mmathews@alzheimer.mb.ca)
3. Call Maria Mathews at 204-943-6622 ext 203