

Family Education for those Experiencing Dementia

Fall 2015 Calendar

FAMILY EDUCATION: NEXT STEPS

"I'm a Real Person Too": Communicating with People with Dementia

Come to learn approaches and strategies to enhance understanding for everyone.

Wednesday, September 16, 7 - 8:30 pm

St. Joseph's Residence - 1149 Leila Ave.

Presented by Theresa Bowser, RN, BN, Regional Educator, Winnipeg Regional Health Authority, Rehabilitation and Geriatrics

Know the Law: Elder Care Law and Abuse Prevention

Learn more about power of attorney and important legal matters in this session.

Thursday, October 22, 7 - 8:30 pm

Revera - The Wellington - 3161 Grant Ave

Presented by Heather Dixon, LL.B Counsel to Pullan Kammerloch Frohlinger

They're here for you! Disability and Compassionate Care Benefits

Find out about the who, what, when, where and how of the Canada Pension Plan Disability Benefit, Compassionate Care Benefits and health related tax deductions available to a person with dementia and their care partners.

Tuesday, November 17, 7 - 8:30 pm

Riverside Lions Estates - 188 Worthington Ave

Presented by Jean Gendron, Citizen Services Specialist, Mobile Outreach Services, Western Canada and Territories Region, Service Canada, Winnipeg

All sessions are complimentary, but please pre-register

CARE4U FAMILY CONFERENCE



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

Saturday, October 31, 9 am - 3:30 pm

Canadian Mennonite University

500 Shaftesbury Blvd

\$40 *includes lunch*

To register online or to view agenda, speakers and sponsors visit alzheimer.mb.ca/care4u2015

FAMILY EDUCATION: FIRST STEPS

An information and experiential workshop for people supporting a person recently diagnosed with Alzheimer's disease or another form of dementia.

Part One - Saturday, September 26, 9 am - 12 pm

- Overview of dementia
- Activities to experience what it might be like to have dementia
- We're here for you – the Alzheimer Society of Manitoba

Part Two - Saturday, November 28, 9 am - 12 pm

- Progression of dementia
- Navigating housing/care options
- Care for yourself

Sessions Located at: Windsor Park United Church
1062 Autumnwood Dr.

Includes resources & refreshments compliments of Windsor Park United Church

These sessions are complimentary, but please pre-register

Register (limited seating)

Three easy ways to register (online registration available soon)

1. ONLINE alzheimer.mb.ca 2. Email alzmb@alzheimer.mb.ca 3. Call 204-943-6622 or 1-800-378-6699

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MINDS IN MOTION®

The **Minds in Motion**® program combines physical activity, socialization and mental stimulation for people living with early to mid-stage Alzheimer's disease, or other dementias, to enjoy with a family member or community care partner.

HOW TO REGISTER

Registration occurs through the recreation centres where the **Minds in Motion**® program takes place.

Cost: \$56 per participant pair

Centro Caboto Centre

1055 Wilkes Ave., Wpg. MB / 204-487-4597
Tuesdays 10 am to 12 pm
October 13 - December 1

City of Winnipeg - St. James Civic Centre

2055 Ness Ave., Wpg, MB / 311
Fridays 1 to 3 pm
October 16 - December 4

The Rady Jewish Community Centre

123 Doncaster St., Wpg. MB / 204-477-7510
Thursdays 9:30 to 11:30 am
October 15 - December 3

The Wellness Institute

123 Leila Ave., Wpg, MB / 204-632-3900
Wednesdays 2 to 4 pm
October 14 - December 9

The YMCA-YWCA (South Branch)

5 Fermor Ave., Wpg. MB / 204-233-3476
Tuesdays 1:30 to 3:30 pm
October 13 - December 1

The YMCA-YWCA (Elmwood-Kildonan Branch)

454 Kimberly Ave., Wpg, MB / 204-668-8140
Thursdays 1 to 3 pm
October 15 - December 3

For further information, please contact: Maria Mathews, **Minds in Motion**® Program Coordinator at 204-943-6622, 1-800-378-6699 or mmathews@alzheimer.mb.ca

EXPERIENCING DEMENTIA

This eight-week classroom program unites people experiencing the early stages of dementia with their family or community care partners. Our dementia care specialists will help you understand:

Wednesdays 10 - 11:30 am

Start Date: October 7

End Date: December 2

Please contact Client Support at alzmb@alzheimer.mb.ca or 204-943-6622 for more information.

- The changes in the brain and the impact on behaviours.
- The disease progression.
- The value of respite and community resources.
- Considerations for future planning.
- Skill building techniques designed to promote independence and safety.
- Self-care tips for caregivers.

For more information, please visit alzheimer.mb.ca or call 204-943-6622.