



34th Annual Conference
**Weaving
Connections**
in Dementia Care
Sponsored by **Shannex**™

October 26, 2023 | Delta Dartmouth | Virtual Livestream

www.alzheimer.ca/ns/conference

WE ARE ALL TREATY PEOPLE

We acknowledge we are in Mi'kma'ki, the ancestral and unceded territory of the Mi'kmaq Nation. We are all treaty people.

The Alzheimer Society is committed to undertaking work to create collaborative and respectful relationships. Together our goal is to identify and develop tools that align with the beliefs and needs of Indigenous, African Nova Scotian, Acadian, and all equity seeking communities across our province.

We are committed to walk as community members and allies in the elimination of racism and discrimination from healthcare and across society.

To read more about this work, visit alzheimer.ca/ns/idea.



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WELCOME

Welcome to our 34th Annual Dementia Care Conference. Whether you are joining us in-person at our new venue or online from the comfort of your home or office, we are honoured you could join our second hybrid conference!

This year, the Alzheimer Society of Nova Scotia is recognizing its 40th anniversary – four decades of providing information, education and support to Nova Scotians impacted by dementia both personally and professionally. For 34 of those years, we have cherished the opportunity to gather, reflect and celebrate the sector. To honour this occasion, our friends at Symphony Nova Scotia - also celebrating their 40th anniversary - will perform for in-person attendees during our morning break. You'll also see a Society timeline and some early memories. We extend our sincere thanks for being part of our story and your efforts in creating a person-centered dementia care system.

It has been another hard year for our sector and our province. We've been navigating more unprecedented times, from pandemic recovery to responding to natural disasters. We recognize these new challenges arose at a time when our system was already strained. We've reflected this in today's program, beginning our day with some big-picture reflections on continuing care, then discussing timely topics, like trauma-informed care and climate emergency preparedness. We'll be weaving it all together with the wisdom of you, the audience, captured with real-time polling.

For the first time in a few years, we are offering concurrent sessions. Not just a parallel talk, but an immersive educational experience of seeing the world through the eyes of a person with Alzheimer's disease or Lewy Body dementia. Thanks to the Behaviour Resource Consultants from Nova Scotia Health for generously leading these impactful sessions.

We hope these discussions feel relevant, inspire new ways of thinking and acting, and remind you that in times of uncertainty and stress, we are stronger when learning from and leaning on one another.

Our conference relies on courageous presenters willing to share their perspectives and expertise. Thank you to each of you for your time and energy. To our generous sponsors, this conference wouldn't be possible without you. Our exhibitors, both new and returning, for providing dynamic learning with new resources, information and contacts. After many years at the DoubleTree by Hilton, we are grateful to our new host, Delta Hotels by Marriott Dartmouth, for welcoming us with open arms. Basil Audio-Visual, we thank you for your expertise in helping us offer professional hybrid events. Heartfelt gratitude to our conference committee and staff who have so thoughtfully curated today's content and logistics.

Last, but certainly not least, thanks to you for joining us.



Sacha Nadeau
Director, Programs and Services
Alzheimer Society of Nova Scotia

SPECIAL THANKS

Alzheimer Society of Nova Scotia Staff

Conference Emcee

John Britton, CEO

Sponsorship & Exhibitors

- Denise Collier, Manager of Transformational Giving
- Lauren Barron, Fund Development Coordinator
- Charles MacKenzie, Director of Philanthropy

Conference Booklet Design & Marketing

- Lesley MacLean, Communications & Marketing Coordinator
- Emma Churchill, Communications & Marketing Assistant

Session Moderators

- Sacha Nadeau
- Catherine Sheppard
- Kara Gouthro-Murgatroyd
- Marco Redden
- Rhonda Lemire
- Kirstie Creighton

Acknowledgements

- **The Honourable Minister Barbara Adams** for opening remarks
- **Symphony Nova Scotia** for facilitating a quartet with players:
 - Gabe Azzie, Principal Bassoon
 - Casey Granofsky, Principal Flute
 - Danielle Johannes, Principal Oboe
 - Timothy Yung, Principal Clarinet
- **Costas Halavresos** for interviewing dear friends
- **Speakers** for sharing their time and expertise
- **ASNS Student Award Recipients** for sharing their research
- **Sylvia Colley Ewing** for our movement break
- **Basil Audio-Visual** for their technical support
- **Delta Hotels by Marriott Dartmouth** for hosting and catering

EXHIBITORS

We have made an effort to invite a broad group of services that help support people with dementia, caregivers and care providers. We encourage you to visit the booths, collect information and ask questions. There is always something new to learn. The following exhibitors were confirmed at the time of printing.

- Alzheimer Society of Nova Scotia
- Caregivers Nova Scotia
- Centricity Research
- Comforting Companions Care Providers
- Continuing Care
- Dementia: Understanding the Journey
- Home Instead
- IG Wealth Management
- U-First! and Dementia Friendly Communities
- Northwood ADP
- Northwood InTouch
- Nova Scotia Centre on Aging
- Maritime Brain Tissue Bank
- Parkwood Home Care
- Right at Home
- Safe at Home Physio
- Shannex
- Serving Seniors Alliance Cooperative
- The 2 Fidgeteers

CONFERENCE COMMITTEE

Sacha Nadeau

Committee Chair, Director of Programs & Services
Alzheimer Society of Nova Scotia

Marco Redden

Research & Evaluation Lead
Alzheimer Society of Nova Scotia

Heather Murdock

Program & Services Coordinator
Alzheimer Society of Nova Scotia

Cynthia Marble

Community Manager
Parkstone Enhanced Care

Dr. Jasmine Mah

Internal Medicine Resident
Dalhousie University

Jennifer Loucks

Behaviour Resource Consultant
Nova Scotia Health

Katrina Owen

Home Care Advisor, Home & Community
Nova Scotia Department of Seniors
and Long-Term Care

Lindsay Burke

Clinical Nurse Specialist, MDLUC Clinic
Nova Scotia Health

Shauna Huntley

Program Assistant, CCA and DUTJ
Programs & CCA Registry
Health Association of Nova Scotia

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**embodied
labs®**



We are thrilled to have Nova Scotia Health Continuing Care's Behaviour Resource Consultants join us to offer this exciting concurrent session!

Embodied Labs is an innovative and immersive virtual web based educational experience to help care teams to understand and better empathize with people who are experiencing changes associated with aging and neurocognitive disorders like dementia.

This immersive training platform places people in realistic, first-person perspectives of the people they care for. It empowers caregivers to confidently be the support champion and provider that the aging community and their families need.

Professionals who support our aging population benefit by embodying another person's lived experiences. They are then able to connect, engage, relate and empathize on a deeper, more meaningful level, ultimately leading to better quality healthcare and service.

Reviews have found immersive training can be an asset and brings many potential benefits including:

- Faster training times than in the classroom or e-learning
- Higher confidence levels with learning materials
- Improves ability to apply learnings
- More emotional connection to the content

2023 Conference Program

Soci  t   Alzheimer Society

NOVA SCOTIA



34th Annual Conference **Weaving Connections**

in Dementia Care

Sponsored by **Shannex**

7:45 AM Doors Open

8:30 AM Opening Remarks

The Honourable Barbara Adams, Minister of Seniors and Long-Term Care

8:45 AM Sector Reflections: Stitching Strategies for Dementia Care's Future

Kyle Richardson, Nursing Homes of Nova Scotia Association

Erin McNeil, Nova Scotia Health Continuing Care

10:00 AM Break - Symphony Nova Scotia Quartet

10:20 AM Trauma-Informed Approaches for Dementia

Norma Gould, We'koqma'q Mental Health and Addictions Services

11:20 AM Stronger than Patchwork: Rural Perspectives in Dementia Care

Janet Cochran & Suzanne Sheppard, Seniors' Community Health Team, South Shore

Dawn Thomas, Seniors' Safety Program, Digby County

12:20 PM Meet the ASNS Student Research Award Recipients

12:30 PM Lunch & Exhibits

Promising Practices Showcase

1:30 PM Dementia Friendly Memory Collection: Trecia Schell, Pictou-Antigonish Regional Library

Caring and Sharing Family Group: Cynthia Marble, Parkstone Enhanced Care
Therapeutic Nursery: M  lissa Martin, Ocean View

2:30 PM Strategies to Foster Climate Resilience Among People Living with Dementia

Dr. Jennifer Baumbusch, University of British Columbia

3:20 PM Break - Weaving in Wellness: Movement with Sylvia Colley Ewing

3:40 PM Still Kissing the Joy as it Flies

Sheree Fitch & Gilles Plante

Interviewed by Costas Halavrezos, former CBC Radio Host

4:10 PM Closing Remarks

Sector reflections: Stitching Strategies for Dementia Care's Future

Session Objective:

We're starting the conference this year with a conversation - between you (the audience) and local dementia care leaders. Together, we will identify common themes in our work supporting people with dementia, share strategies others might benefit from, and look toward the future to envision an even stronger sector.



Kyle Richardson

RN, Board Chair, Nursing Homes of Nova Scotia Association

Kyle is a father, husband and Registered Nurse who believes in giving back to his community and advocating for change. He serves as Board Chair for the Nursing Homes of Nova Scotia Association in addition to overseeing operations for Shannex's licensed Enhanced Care communities in the Cape Breton and Antigonish regions. Committed to quality improvement, Kyle has led projects and initiatives that improve the lives of seniors. These projects include improving the resident bathing experience and creating a supportive environment in Long-Term Care for residents with complex responsive behaviours. Kyle also serves his community as a volunteer firefighter and through various groups including the CCA Program Advisory Committee and the CBRM Community Healthcare Committee.



Erin McNeil

Nova Scotia Health Continuing Care

Erin is a Registered Nurse with over 15 years of healthcare experience in long-term care, acute care, mental health, and continuing care. Starting in continuing care as a care coordinator, then team lead and before her director role, she was the access and flow manager. Erin was awarded the Director of Continuing Care in January 2022.

The Continuing Care Director has overall accountability for the continuing care resources allocated within the zone, is key to an effective and efficient healthcare system. The Director provides leadership and collaborates with others in shifting the culture from one of institutionalization of the elderly and individuals of all ages with disabilities to the home first philosophy that supports their independence, regardless of where they are being cared for along the continuum.

10:20 AM | PRESENTATION

Trauma- Informed Approaches for Dementia

Session Objectives:

- Discuss how individual and collective histories can impact mental health and wellbeing into later life
- Examine how those working with people with dementia can apply trauma-informed practices to improve care



Norma Gould

RSW, We'koqma'q Mental Health and Addiction Services

Norma Gould is a mother of two and a Mi'kmaq woman from the community of We'koqma'q First Nation. As a Registered Social Worker and Certified Addiction Counsellor, Norma is currently working as the Community Social Worker for Mental Health and Addictions Services. Working alongside community members, she supports and empowers individuals and families to work as a team with service providers on and off First Nations while acknowledging the diversity of different cultures through education and advocacy.

Personally, Norma was the primary caretaker for her father who developed dementia. He lived with Norma and her children until his needs became too much for the family. Norma learned how to adjust and adapt to his care at home and within the nursing home where he eventually stayed until his journey ended in this world. Advocating for and understanding the history of our elders and those who care for them is crucial to their care no matter where they are.

Stronger than Patchwork: Rural Perspectives in Dementia Care

Session Objective:

- Using a case study approach, examine the barriers and facilitators to rural dementia care
- Consider how community networks can be leveraged to provide support throughout the dementia journey



Janet Cochran

RSW

Seniors' Community Health Team, South Shore

Janet has been a Registered Social Worker for 25 years and has worked in the field of Geriatrics. She has been with the Seniors' Community Health Team for the past 15 years. Prior to that she worked in Long-Term Care. Janet has been a co-facilitator for both Shaping the Journey and the Coffee and Conversation programs with the Alzheimer Society. She has learned much from the many older adults with whom she has had the privilege to work. Janet resides in Lunenburg and loves to get out and explore with her partner and their Labradoodle.



Suzanne Sheppard

RN, BN, GNC, (C)

Seniors' Community Health Team, South Shore

Suzanne is a Registered Nurse (RN), Geriatric Nurse Assessor, working with the Seniors' Community Health Team (SCHT) based on the South Shore of Nova Scotia. Originally from Newfoundland, she fell in love with the beauty of Nova Scotia and never left. She has been a RN for 21 years and has been working in her current role with the Seniors' Team for the past 15 years. Her greatest joy in life is being a mom to her 2 boys. She has a friendly golden doodle named Jewel. In her free time, she enjoys spending time with her family and friends, walking, and biking.



Dawn Thomas

Seniors' Safety Program, Digby County

Dawn Thomas has been the Seniors' Safety Program Coordinator in the Town and Municipality of Digby and the RCMP for 17 years. Her background is in Gerontology and she has had a career in Long-Term Care and community support for seniors. Community seniors, elder abuse prevention and safety are paramount to these provincial programs. Assisting to identify and support the needs of rural Nova Scotians is Dawn's passion. Dawn has personally been touched on the dementia journey with her Mom's early onset Alzheimer's and has been happy to share her experiences and joys in caring for and advocating for her Mom and others through her writing and storytelling.

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12:20 PM

Meet the 2023 ASNS Student Research Award Recipients

Session Objective:

The Alzheimer Society of Nova Scotia is committed to supporting research in dementia, as well as acknowledging the work of people who have chosen to do research in this field.

To support this commitment, we are pleased to offer three awards to students pursuing dementia research in Nova Scotia. Hear from each student about the project they completed and why dementia research matters to them.



2023 Phyllis Horton Graduate Student Research Award

Felicia Tembo

Master of Arts in Sociology, Acadia University

Thesis: Navigating caregiving of people with dementia in rural Nova Scotia: How can technology help?

Felicia Tembo completed her Master of Arts in Sociology at Acadia University in 2023. She conducted research on the intersection of technology, gerontology and healthcare under the supervision of Dr. Rebecca Casey. Her thesis research focused on exploring the experiences of caregivers of people with dementia and the role of technology in alleviating the challenges they face. She hopes to contribute to the development of evidence-based practices that improve healthcare outcomes and quality of life for individuals, families, and communities, particularly those affected by dementia.



2023 Abe Leventhal Undergraduate Student Research Award

Amy Meister

Bachelor of Science in Nursing, Dalhousie University

Project: Supporting primary care providers working with people with dementia: Understanding existing tools and their implementation: A scoping review

Amy Meister completed her nursing degree from Dalhousie in July. She lives in Aylesford and in August started her nursing career in mental health and long-term care in the beautiful Annapolis Valley. She has a passion for working with older adults which inspired her to become involved in Dr. Elaine Moody's research team where she gained valuable experience in research related to older adults. Her project was a scoping review focused on implementing dementia care interventions in primary care. This research outlined how primary care clinics can successfully implement interventions to improve the quality of life of people living with dementia in the community.



2023 Abe Leventhal Undergraduate Student Research Award

Ethan Hume

Bachelor of Arts in Sociology and Psychology,
Saint Francis Xavier University

Project: Humanizing Responses to Early Onset Dementia

Ethan Hume completed his BA in Sociology and Psychology at StFX University and was a research assistant with the Spatialized Care Lab under Dr. Katie Aubrecht. His course project focused on the services provided to people with dementia and explored options to best support people and families that experience dementia. He identified a lack of recognition of the humanity of the person with dementia and supports that would humanize the experience and early onset dementia journey for individuals and families. As of September, Ethan is pursuing his MA in Sociology at Western University. Ethan intends to expand his knowledge of sociological perspectives while exploring how societal and individual relationships with land and animals illustrate disconnections from self and peers.

Promising Practices Showcase

Session Objective:

For the second year in a row, we wanted to showcase some of the great work happening locally to better the lives of people with dementia and their care partners. We opened the door to nominations, and you all delivered! Our conference planning committee* selected these three homegrown initiatives making a positive impact in Nova Scotia.

**committee members with a conflict of interest were recused from the selection process.*

Dementia Friendly Memory Collection



Trecia Schell

Pictou-Antigonish Regional Library

Community Services Librarian with Pictou-Antigonish Regional Library since June 2009, covering the areas of Programming, Public Relations, Outreach Services, and Services to Adults & Older Adults. Trecia is also the Branch Managing Librarian for the Stellarton and Trenton Public Libraries, and the Borrow-by-Mail service.

Trecia is a former Past-President of the Nova Scotia Library Association, Past-President of the Atlantic Provinces Library Association and a founding Board member of the Canadian Federation of Library Associations / Fédération canadienne des associations de bibliothèques. When not at a library, she can be found hiking trails, camping around the province (with her nose in a book), rowing across the harbour, or walking her new Border Collie- Australian Shepard puppy, Tapaiddh.

Caring and Sharing Family Group



Cynthia Marble

Parkstone Enhance Care Therapeutic Nursery

Cynthia is a community manager at Parkstone Enhanced Care. Over the last 35 years her nursing career has led her to acute care, infection control, long-term care and management. Her passion is in long-term care, where over the last 10 years she has had the tremendous opportunity to work with residents, families and staff through the dementia journey and long-term care transition. Cynthia leads Parkstone's Caring and Sharing Group alongside social worker Carla Clarke, which has allowed them to work to support and guide Parkstone families.

Therapeutic Nursery



Melissa Martin

Oceanview Continuing Care Centre

Melissa Martin is a licensed occupational therapist with 24 years of experience - 15 of which have been dedicated to long-term care. She currently works at Oceanview Continuing Care Centre, facilitating a better quality of life for her residents through meaningful occupations. A Dieppe, New Brunswick native, she now lives in Dartmouth, Nova Scotia, with her husband and three children.

2:30 PM | PRESENTATION

Strategies to Foster Climate Resilience Among People Living with Dementia

Session Objectives:

- Describe factors contributing to climate vulnerability among people living with dementia
- Identify adaptive measures, or strategies, to support people living with dementia and their caregivers before, during, and after climate-related weather events



Dr. Jennifer Baumbusch

School of Nursing, University of British Columbia

Dr. Jennifer Baumbusch is a Professor of Nursing at the University of British Columbia and specializes in nursing care of older adults. Her research and scholarship is aimed at enhancing person- and family-centered care for older adults and people with lifelong disabilities across health and social care systems. Since the heat dome in 2021 in British Columbia, Jennifer has been focusing a new research area on building climate resilience among older adults and their families.

Dementia: Understanding the Journey

Education Makes a Difference



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education by
people who *care*.**

www.dementiaedu.ca



Still Kissing the Joy as it Flies

Session Objective:

Sheree Fitch and Gilles Plante have first-hand experience navigating our sector. Since Gilles' young-onset Alzheimer's diagnosis in 2017, the couple has shared their story publicly to destigmatize the disease and show that joy is still abundant in their lives. They sat down with former CBC radio host and friend Costas Halavrezos to share what they would like our conference audience to know.



Gilles Plante and Sheree Fitch

Gilles Plante and Sheree Fitch will be “merry-ed” 30 years in 2024. Gilles was Technical Director of U.S. Operations of CBC, responsible for English and French, radio and television, New York and Washington when he retired in 2009. Sheree is an educator, poet and storyteller. They have been to Bhutan and China and places in between but their favourite place is River John, Nova Scotia on their hobby farm Happy Doodle Do where they opened Mable Murple's Book Shoppe and Dreamery in 2017. This was the same year Gilles was diagnosed with Alzheimer's. They dance every day and still kiss the joy as it flies with family, friends and community.



We are elder allies



Shannex cares about community. It's what started us on this journey more than 35 years ago.

That's why, we created our Shannex Cares community program.

Are you an Elder Ally?

Join us as we continue to improve the lives of seniors in our communities.

Visit shannex.com/shannexcares to learn more.



PROGRAMS AND SERVICES

The Alzheimer Society of Nova Scotia (ASNS) offers both in-person and virtual programming. Please contact our Dementia Helpline at 1-800-611-6345 to learn more about these programs.

CONNECTION & SUPPORT

Dementia Helpline 1-800-611-6345

The Dementia Helpline is a confidential telephone service provided by a team of knowledgeable and caring staff. We provide information on topics related to Alzheimer's disease and other dementias, discuss questions and concerns, and provide referral to programs and resources.

Caregiver Support Groups

These confidential groups for caregivers provide an opportunity to learn, share, and help each other through mutual understanding and support. Facilitated meetings are held once a month.

Connections Hub

This group provides an opportunity for persons living with early stage dementia to connect socially. This program is facilitated by an ASNS staff member.

Artful Afternoon

This program is a partnership between ASNS and the Art Gallery of Nova Scotia for persons with dementia and their care partners. It is a social, interactive program combining art making and education in a dementia-friendly environment. Participants are not required to have any prior experience in art to attend.

Coffee & Conversation

This is a six-session program for persons with dementia to receive facilitated peer support to discuss their own experiences related to dementia.

LEARNING & EDUCATION

Public Education

Connect with ASNS for information about dementia and related issues through public education sessions. Find archived virtual sessions on our website at www.alzheimer.ca/ns/virtual-meetings. To request a public education session in your community, please contact the Dementia Helpline.

Family Caregiver Education Series

This six-part education series supports families and care partners of persons recently diagnosed with dementia. Each session consists of a presentation and a question and answer period.

Shaping the Journey™

Shaping the Journey is a seven-session educational program designed for people who are recently diagnosed with early stage Alzheimer's disease or another dementia, and a care partner. This program is offered in partnership with Nova Scotia Health.

U-First!™ for Healthcare

This six-hour workshop develops common knowledge, language, values, and approach to caring for people with Alzheimer's disease or other dementias. It is open to frontline staff of publicly funded long-term care and home support agencies across Nova Scotia.

U-First!™ for Care Partners

This six-hour workshop is an innovative education program designed to increase care partner confidence and capability to reduce responsive behaviours, while enhancing the well-being of both care partners and those experiencing behaviour changes.

Annual Provincial Conference

Each year, we host a conference where healthcare professionals, care providers, educators, researchers and students can exchange the latest on research and dementia care in Nova Scotia.

For more information on how you can get involved,
call 1-800-611-6345 or email us at alzheimer@asns.ca.

HOW TO GET INVOLVED WITH ASNS

VOLUNTEER - SIGN UP!

Volunteers are essential to the programs and services we provide across the province to those living with dementia and are a vital part of our fund development activities. Your involvement helps us to raise funds for research, education, support programs and advocate for quality care. You will meet new people, learn new skills, and become familiar with dementia. By volunteering, you can make a difference in the lives of families living with dementia.

Email our Volunteer Coordinator at marilyn.macmullin@asns.ca to learn more.

ALZHEIMER AWARENESS MONTH - PARTICIPATE!

Each January, Alzheimer Societies across the country recognize Alzheimer's Awareness Month. During this month, we encourage you to learn more about dementia and its impact on Nova Scotians. By understanding what people living with dementia experience in their day-to-day-lives – their struggles, their successes and their hopes – together we can raise awareness. This year we will be hosting an Awareness Event – please contact us at 1-800-611-6345 or visit alzheimer.ca/ns to learn more.

WALK FOR WEALTH MANAGEMENTWALK FOR ALZHEIMER'S – REGISTER!

Each May, we host our annual Walk for Alzheimer's! Participants can register as individuals or create a team. Your facility can also participate by holding your own Walk for Alzheimer's. We provide resources and support for your event which can take place at any time. Contact us at alzheimer@asns.ca for more information.

E-NEWSLETTER AND IN THE LOOP – SUBSCRIBE!

Sign up for our bi-weekly email blasts to stay updated on Society news and events. Sent out quarterly, subscribe to our newsletter to stay in the loop with what's happening at ASNS and dementia resources in Nova Scotia. Email alzheimer@asns.ca and ask to subscribe!

HOST YOUR OWN EVENT!

Bring your friends, family, community and colleagues together in a way that fits your organization and have fun while raising funds for ASNS. From bake sales to a rocking chair challenge, the possibilities are endless!



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1982 ◦

May

The first unofficial meeting over coffee

1983 ◦

January

Official start of the Alzheimer Society of Nova Scotia

1993 ◦

July

The Maritime Brain Tissue Bank opens

2002 ◦

Start of our core Infoline service

2015 ◦

Co-author of the Provincial Dementia Strategy

2022 -

2027 ◦

Launch of new Strategic Plan

Société **Alzheimer** *Society* NOVA SCOTIA 1983 - 2023

Since 1983, the Alzheimer Society of Nova Scotia has been here to support Nova Scotians on the dementia journey.

We've come a long way in the past 40 years. We've grown from a small group of volunteers who wanted to make a difference in the lives of people living with dementia, to an organization of over 30 staff supporting thousands of clients.

Today, we serve people experiencing any type of dementia, their care partners and the healthcare professionals who support them.

As we look to the future, we're going to change the conversation about dementia in our province.



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