

FORGET-ME-NOT SYMBOL



The Alzheimer Society of Nova Scotia uses the Forget-Me-Not flower as a symbol to represent memory loss, one of the symptoms of Alzheimer's disease. It is also a reminder to remember people with Alzheimer's disease and other dementias and their caregivers.

The three flowers in the symbol represent the person with dementia, the caregiver, and the Alzheimer Society.

CONFERENCE SNAPSHOT

8:30-8:55

Welcome and Opening Remarks

John Britton, *CEO, Alzheimer Society of Nova Scotia*

Vanessa Nevin, *Alzheimer Society of Nova Scotia Board Member*

Dr. Melissa Andrews, *Chair, Research Advisory Committee*

Dr. Robert Strang, *Nova Scotia's Chief Medical Officer of Health*

Paula Snook, *a Person Living with Dementia*

8:55-10:45

A PERFECT STORM: WHY WAS THE DEMENTIA SECTOR SO HARD HIT?

Keynote: COVID-19 and Long-Term Care: A Tragedy Waiting to Happen

Moderator: Linda Bird

Dr. Carole Estabrooks, *Scientific Director of Translating Research in Elder Care, University of Alberta*

Krista Connell, *Former CEO, Nova Scotia Health Research Foundation*

9:40-9:55

Art Break (Art by Caregivers and Persons with Dementia)

9:55-10:30

COVID-19, Dementia & Living Environments for Seniors

Moderator: Sacha Nadeau

Benjie Nycum, *CEO*

Stephen Treauds, *Long Term Care Sector Lead*

Noah Epstein, *Health Care Sector Lead*

William Nycum & Associates Limited

Sponsor Message, Northwood

10:45-11:00

Nutrition Break

11:00-12:00

A DAY IN THE LIFE: LIVING THE REALITY OF COVID-19

Dementia Through the Lens of COVID-19: Lessons Learned from a Home Care Provider Perspective

Bernadette Lake, Ph.D., *Continuing Care Support Specialist, Health Association Nova Scotia*

Unique Challenges for Home Care During a Pandemic

Kim MacDonald, CCA, *New Waterford Home Care Service Society*

Taking Care of Each Other

Gail Kaizer, *Administrator, Nakile Home for Special Care*

Our COVID-19 Dementia Care Bubble

Jean McLean, *Caregiver*

Sponsor Message, Dementia: Understanding the Journey

12:00-1:00

Lunch Break

1:00-2:00

SILVER LININGS: HOW PRACTICE HAS CHANGED

Moderator: Kirstie Creighton

Geriatric Psychiatry Assessments in the Age of COVID-19

Dr. Ian MacKay, MD, CCFP, FRCPC, *Geriatric Psychiatrist, Eastern & Northern Zones, NSHA*

Going Virtual: Bringing ASNS Programming Online

Kara Gouthro-Murgatroyd, *Education & Support Services Coordinator, Alzheimer Society of Nova Scotia*

Increasing Social Well-Being Through Online Connections for Persons with Dementia: A Preliminary Program Evaluation

Dr. Jennifer Prentice, *Psychologist, Multi-Organ Transplant Program, NSHA*
Jennifer Haley, *Psychologist, Seniors' Health & Geriatric Medicine, NSHA*

Seniors, Safety and Silver Linings

Dawn Thomas, *Seniors' Safety Coordinator, Digby and Area Seniors' Safety Program*

Break Introduction, Parkland At The Lakes

2:00-2:15

Yoga Break

Kyla MacKinnon, *Shanti Yoga*

2:15-3:00

TAKING CARE AND LOOKING FORWARD

Moderator: Kara Gouthro-Murgatroyd

Stop Being Invincible: A Sensible Approach to Self-Care During Crisis

Roy Ellis, *Bereavement Coordinator, NSHA Palliative Care, Central Region*

Extraordinary Acts of Kindness during COVID-19

Curated by Beth Bennett, Narrated by Sarah Lyon

3:00-3:15

Closing remarks, "door" prizes and final evaluation

John Britton