



ASNS ANNUAL PROVINCIAL CONFERENCE
Supporting Dementia in all its Diversity
OCTOBER 28, 2021

Dementia has many faces.

Beyond a unique diagnosis, people hold diverse identities. Let's talk about making dementia care more inclusive for all.

2021 Virtual Provincial Conference: Supporting Dementia in all its Diversity

Soci  t   Alzheimer Society

N O V A S C O T I A

alzheimer.ca/ns/conference

OCT. 28, 2021

WHEREVER YOU ARE!

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The views and opinions of speakers, sponsors and other participants do not necessarily reflect those of the Alzheimer Society of Nova Scotia.

We understand that the subject matter of the conference is evolving. The content and materials of the conference reflect our knowledge to date.

WELCOME

2021 VIRTUAL PROVINCIAL CONFERENCE

Supporting Dementia in all its Diversity

Our shared global experience during the pandemic has been, for many, a human experience like nothing before. We have seen, and continue to see, huge shifts in attitudes and structures both formal and informal, political, and social. It's an experience that will be shared for generations, because at heart it's a story of unity. Very rarely do we, as a species, experience something with such commonality.

At ASNS, we have chosen to craft a narrative of silver linings, lessons learned, and opportunities. We had no choice but to face this disaster head-on, and it forced our hand in many ways. It forced us to focus on essentials, ensure basic access to support, and get creative in ways to bring folks together at a time when connection is more important than ever. It forced us to be bold in our approach to fundraising and ensuring the sustainability of our work. Most importantly, it forced us to acknowledge that the already delicate balance of care for those that need it the most cannot be jeopardized.

As the pandemic unfolded, the last 18 months were defined by shocking events that mobilized global movements; the death of George Floyd, the ongoing discoveries at former Canadian Residential School sites. These instances pointed to issues already known, but with a tangible shift in awareness of and intolerance for systemic injustice.

In 2018, ASNS was instrumental in developing the Charter of Rights and Freedoms for Persons with Dementia. This highlighted both the rights and personhood of those with a dementia diagnosis and forms the cornerstone of our person-centred approach in everything that we do. **But we know that we are not delivering on one key aspect of our mission: to be there for all Nova Scotians on the dementia journey.**

ALL Nova Scotians on the Dementia Journey. Everyone.

In 2021, the challenges of COVID-19 have only served to drive our commitment to a more inclusive Nova Scotia. People with dementia continue to be excluded in almost every aspect of daily life – from community engagement to getting a diagnosis. Those exclusions only get worse when considered through the lens of diversity. The incredible aspects of identity that make us who we are – our races, ages, gender and sexual identities and expressions, beliefs and religions, physical abilities and a myriad more – are also, sadly, barriers to equity and inclusion. They are barriers to receiving essential care and support. We all must do better.

Through our annual conference, ASNS is thrilled to launch our intentions toward equity, diversity, and inclusion in the work we do. This year we are going to look at diversity in the dementia world. From dementia inclusive communities to Indigenous perspectives on dementia, to supporting rare or complex forms of the disease, our amazing lineup of presenters will share their expertise and knowledge. They will help open our eyes and hearts a little more to all those around us.

John Britton, CEO, Alzheimer Society of Nova Scotia

VIRTUAL PLATFORM

PheedLoop is the friendly, interactive platform we will be using to deliver this year's virtual conference. It provides some exciting features for us to connect including:

- A social **"Lobby"** featuring a chat and selfie wall
- Opportunities for Q&A via chat alongside **"Watch Live"**
- 1 on 1 chat discussions via **"Networking"** feature
- Facilitated group discussions from 11:40-12:00 p.m.
- Engaging with our generous sponsors in the **"Exhibit Hall"**
- Downloading relevant files from our **"Virtual Resource Room"**
- Access to recorded sessions until November 10
- Prize points to redeem goods (learn more below!)

Watch a PheedLoop Tips for Success video here: <https://youtu.be/mjxalJ2jxJE>

PRIZES

This has been another challenging year for the sector, and we want to recognize your hard work and commitment to dementia care. And what better way to say **thank you** than in giving away prizes!

We have amazing items up for grabs, but we have a special twist this year and you will need to work for it (or pay attention) during the conference!

Your mission: Collect **"prize points"** throughout the day by looking for cues (both written and verbal) and redeem them for items from the virtual prize table. Points will be redeemed, and prizes awarded based on points collected prior to cut-off time of 3:00 p.m. Good Luck!

We want to take a moment and thank all the generous prize sponsors.

- | | | |
|-------------------------------|------------------------------------|---------------------------|
| • Benjamin Bridge | • Shoppers Drug Mart | • Canadian Tire Corporate |
| • Brookes Diamond Productions | • Swiss Chalet | • Bertossi Group |
| • Charton Hobbs | • The Westin Nova Scotian | • Charlton Group |
| • Honey and Ginger | • The Prince George Hotel | |
| • Layers Cupcakes | • 1617 Group | |
| | • Canadian Tire Dartmouth Crossing | |

CONFERENCE PROGRAM PLANNING COMMITTEE

Tonya Boudreau

Agency Director,
Digby/Clare Home Support Agency

John Campbell

Volunteer,
Alzheimer Society of Nova Scotia

Brenda Etheridge

Continuing Care Behaviour Resource
Consultant,
Nova Scotia Health Authority

Jody MacDonald

Education Coordinator,
Harbourstone Enhanced Care (Sydney)

Catherine-Anne Murray

Occupational Therapist,
Nova Scotia Health Authority

Sacha Nadeau (Chair)

Research Liaison &
First Link® Outreach Coordinator,
Alzheimer Society of Nova Scotia

Marco Redden

Project & Resource Coordinator,
Alzheimer Society of Nova Scotia

Beth House

Education & Support Coordinator,
Alzheimer Society of Nova Scotia

Heather Murdock

Programs & Services Coordinator,
Alzheimer Society of Nova Scotia

SPECIAL THANKS

PheedLoop Platform Lead

Marco Redden, Project & Resource
Coordinator
Alzheimer Society of Nova Scotia

Conference Emcee

John Britton, CEO
Alzheimer Society of Nova Scotia

Conference Booklet Design

Mackenzie Wyatt, Communications &
Marketing Assistant Coordinator
Alzheimer Society of Nova Scotia

Sponsorship Lead

Denise Collier, Transformational Giving
Alzheimer Society of Nova Scotia

Virtual Resource Room

Beth House, Education & Support
Coordinator
Alzheimer Society of Nova Scotia

BRAVE AND SAFER SPACE GUIDELINES

Today's discussions may cause discomfort for some, and may come as a relief for others; we recognize this and thank you all for joining us.

1. Absorb information **at your own pace and take breaks as needed**. If you need to step away, content will be recorded and available until November 10.
2. **If at any point you feel overwhelmed**, we have an experienced social worker, Calandra Kandziora, who self-identifies as an ally and is ready to listen (either by chat or call).
3. **Engage in dialogue, not debate**. Recognize and value the experiences, abilities and knowledge each person brings.
4. **We welcome respectful comments and questions**. Ones that do not promote ASNS values/a positive learning environment will be removed.
5. While **we assume positive intent**, some comments may have negative impacts. Remember we are all doing our best, to the best of our abilities with the knowledge we have.

*Société
Alzheimer
Society*
NOVA SCOTIA

The Alzheimer InfoLine is here for you.

We're here to help if you have questions or need to talk.

1-800-611-6345 | alzheimer@asns.ca







ASNS ANNUAL PROVINCIAL CONFERENCE
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**Dementia has many faces.
Beyond a unique diagnosis, people hold
diverse identities. Let's talk about making
dementia care more inclusive for all.**

Program Snapshot | MORNING

- | | |
|-------------------|---|
| 8:30 a.m. | Welcome & opening remarks John Britton, CEO, ASNS Kirstie Creighton, Manager, Program Development, ASNS |
| 8:45 a.m. | Dementia & difference: Course correction Sharon Davis-Murdoch, Health Association of African Canadians |
| 8:55 a.m. | My journey with caregiving and mental health Juanna Ricketts, Caregiver |
| 9:00 a.m. | Where do we begin? A framework for intersectionality in dementia care Ngozi Iroanyah, Alzheimer Society of Canada |
| 9:20 a.m. | Supporting culturally safe dementia education in Indigenous communities Dr. Kristen Jacklin, University of Minnesota Medical School |
| 9:40 a.m. | Intersection of dementia, caregiving and supporting African Nova Scotians Dr. Barb Hamilton-Hinch & Mary Lukindo, Dalhousie |
| 10:00 a.m. |  Food for thought break hosted by Andy Hay, MasterChef finalist |
| 10:15 a.m. | We're here too: Creating LGBTQ2S-affirming spaces Dr. Jacquie Gahagan, Mount Saint Vincent University Dan MacKay, Elderberries |
| 10:45 a.m. | Villages culturels: Connecting Acadian and francophone long term residents to their communities Pierre Roisné, Réseau Santé - Nouvelle-Écosse |
| 11:15 a.m. | How social vulnerability impacts the experience of dementia Dr. Melissa Andrew, Dalhousie |
| 11:40 a.m. |  Pick your passion & join a facilitated discussion |

Program Snapshot | AFTERNOON

12:00 p.m.  Enjoy lunch, check out the resource room & visit the exhibit hall

12:30 p.m. **The many faces of dementia: Painting a picture of rarer subtypes**
Dr. Maia von Maltzahn, Nova Scotia Health

1:00 p.m. **Supporting communication with a rare dementia: Takeaways from the Primary Progressive Aphasia Program**
Lisa Harris, Dalhousie

1:15 p.m. **One family's experience with early-onset frontotemporal dementia**
John Reid, Caregiver

1:30 p.m. **From horticulture to canine therapy, good medicine for all**
Robert Howlett, St. John Ambulance
Mary Partridge, R.K. MacDonald Nursing Home

2:00 p.m. **Beyond bingo: Prescribing meaningful engagement for all persons living with dementia**
Jennifer Loucks, Andrea Perry & Brittney Amirault, Nova Scotia Health

2:30 p.m.  Barre break with Robbie Conley, Fitness Instructor

2:45 p.m. **Not about us, without us: Including the voices of lived experience in research**
Dr. Paula McLaughlin, Nova Scotia Health
Sandra Britten & Marilyn Taylor, research team members who live with dementia

3:15 p.m. **Dementia-Friendly Canada: Creating inclusive and supportive communities**
Heather Cowie, Alzheimer Society of British Columbia

3:30 p.m. **The road to dementia friendly design: Outpatient clinic make-over**
Catherine-Anne Murray, Nova Scotia Health

3:45 p.m. **How communities can support the home first philosophy**
Darren Doucette, Caregiver

4:15 p.m. **Reflect, recognize, refocus: Allyship in action**
T.K. Manyimo, Shumba Consulting

4:30 p.m. **Closing remarks**
John Britton, CEO, ASNS

PRESENTERS

8:45 | Dementia & difference: Course correction

Sharon Davis-Murdoch, Health Association of African Canadians

Sharon Davis-Murdoch is a social justice champion. Retired from the Nova Scotia Public Service, Sharon's political science background and public policy experience informs her work in community. Among her public policy accomplishments was the development of the first Provincial Guidelines for Culturally Competent Primary Health Care in Canada.

Sharon received Premier's Award of Excellence in 2007 and 2015. In 2018, Sharon received the Inspiration Award from the Dalhousie School of Public Administration awarded to public servants who have demonstrated a superior dedication and commitment to mentoring, coaching and inspiring students and public servants over the course of their careers.

Sharon now works at the community level and is a founding member and the Co-President of the Health Association of African Canadians. Additional to that role, she now serves as Co-Manager to the Association of Black Social Workers and Health Association of African Canadians, COVID-19 Response and Impact Team. She is also an Advisor to the Halifax Immigrant Partnership and Secretary of the Dartmouth General Hospital Foundation Board.

President of Shamardavon Consulting, Sharon was appointed and served as Commissioner on the Independent Commission on Effective Electoral Representation of Acadian and African Nova Scotians. In October, 2020 Sharon was selected as one of the Black Women Leaders for the Black Women in Leadership: Sharing and Shaping Our Journey online conference. Sharon is a proud member of the Dartmouth Community and an even prouder Nana of two growing boys.

8:55 | My journey with caregiving and mental health

Juanna Ricketts, Caregiver

My name is Juanna Ricketts. In 2014, I had a meltdown and wasn't able to take care of myself. I have clinical depression and high anxiety. I moved in with my senior mum, who became my caregiver for almost 2 years, before I was able to really begin my path of recovery. Through medications, doctors and also social programs at CMHA Halifax, I then became a speaking ambassador for the United Way. I then joined other boards and committees, Suicide Prevention, MSSU, SPIDER, CMAJ, BRIC NS, and MAR-NET. I spoke at celebration breakfasts at the Cunard Centre and Emmanuel Baptist Church and many other businesses and organizations, sharing my story of my mental health. My motto is: It's okay, NOT to be okay.

9:00 | Where do we begin? A framework for intersectionality in dementia care

Ngozi Iroanyah, Alzheimer Society of Canada

Ngozi Iroanyah is currently enrolled in the PhD program at Health Policy and Equity studies at York University. Her research focus is on intersectionality in dementia care policy and effects on quality of life and health outcomes for immigrant seniors. Her other research interests include; resiliency in newcomer communities; evidence based research to inform policy; global, maternal and child health; as well as HIV in target communities.

9:20 | Supporting culturally safe dementia education in Indigenous communities

Dr. Kristen Jacklin, University of Minnesota Medical School

Kristen Jacklin, Ph.D. is a Professor in the Department of Family Medicine and Biobehavioral Health and Executive Director of the Memory Keepers Medical Discovery Team – Health Equity, at the University of Minnesota Medical School, Duluth. Dr. Jacklin is a medical anthropologist with an extensive background in community-based Indigenous health research and health equity. Her research focuses on chronic disease care for Indigenous peoples, including investigations concerning aging; cognitive health and dementia; diabetes; and Indigenous health/medical education. Dr. Jacklin holds research funding related to the study of dementia and diabetes from several sources including the National Institutes of Health and the Canadian Institutes of Health Research. Dr. Jacklin is the founder of the International Indigenous Dementia Research Network and the Indigenous Cognition Awareness and Aging Awareness Research Exchange (I-CAARE.ca).

9:40 | Intersection of dementia, caregiving and supporting African Nova Scotians

Dr. Barb Hamilton-Hinch & Mary Lukindo, Dalhousie

Dr. Barb Hamilton-Hinch is from the historical African Nova Scotian communities of Beechville and Cherrybrook. She is the mother of three amazing boys. Barb is currently employed at Dalhousie University as the Associate Vice President of Equity and Inclusion and an Associate Professor in the in the School of Health and Human Performance at Dalhousie University teaching in the Recreation and Leisure Studies Division as well as the Health Promotion Division. Her work examines the impact of structural, systemic and institutional racism on diverse populations, particularly people of African descent.

At Dalhousie University, Dr. Hamilton-Hinch holds a number of positions. She is the co team lead for the Health of People of African Descent Research Cluster with Healthy Populations Institute, she is one of the founders of Imhotep Legacy Academy (ILA-a program that is developed to increase the number of students in Science, Technology, Engineering and Math), co-chair of Promoting Leadership in Health for African Nova Scotians (PLANS- a program to increase the number of students of African descent in Health), co-chair of the Faculty of Health Diversity and Inclusion Committee, and a number of other committees. She was previously employed as the Black Student Advisor at Dalhousie University, a position she was actively involved in developing in the late 80s.

10:15 | We're here too: Creating LGBTQ2S-affirming spaces

Dan MacKay, Elderberries

Born on the southern tippy tip of Nova Scotia, I moved to Halifax as a teen in the early 1980s, and as a result of several salacious and happy accidents got thoroughly dunked into local gay culture. I took over publishing Wayves, the LGBT newsletter of Atlantic Canada which had a 25 year run as a paper magazine, and it is now more or less still alive and online.

For a decade starting in 1989, I was on the team that built the Internet in Canada, and then a computer networking and databases consultant for another, then solar energy and heat pumps. I'm now partly retired and have made the LGBT+ history and archives work my main pastime, which fits in well with publishing Wayves. In 2000, I started working on the Halifax Rainbow Encyclopedia. Since the mid-80s I've been on the board of Solar Nova Scotia, the low-carbon advocacy and education organization and am also on the board of the ElderBerries. Somewhere in between I was on the board of Halifax Pride for a decade, and was chair for three Prides.

Dr. Jacquie Gahagan, Mount Saint Vincent University

Jacquie Gahagan, PhD (they/them) is a medical sociologist and credentialed evaluator who has been working in the area of LGBTQ2S health equity and advocacy, and in relation to sex and gender-based analysis of health policies for over two decades.

10:45 | Villages culturels: Connecting Acadian and francophone long term care residents to their communities

Pierre Roisé, Réseau Santé - Nouvelle-Écosse

Pierre Roisé is the executive director of Réseau Santé-Nouvelle-Écosse (RSNE), a non-profit organization working to improve access to French-language health services for Acadians and Francophones in Nova Scotia. The RSNE is a member of the Société santé en français, the national French-language health movement for Francophone minority communities across the country.

Before joining the RSNE in 2018, Pierre earned a Master's degree in Human Rights in Strasbourg, France, and was a research and teaching assistant. Upon his arrival in Canada in 2011, he first worked alongside the explorer Bernard Voyer and then turned resolutely towards community involvement. He became assistant director of Compagnons de Montréal before taking on the coordination of the Forum régional sur le développement social de l'île de Montréal.

Under his leadership, the RSNE team has grown and is carrying out new projects such as the early childhood sector, Francophone newcomers in Nova Scotia, and especially Francophone seniors. Due to their vulnerability and lack of resources, Acadian and Francophone seniors face many language barriers. In between his work, he enjoys hiking, polar environments, and baking bread! Unfortunately, he didn't get rid of his French accent yet!

11:15 | How social vulnerability impacts the experience of dementia

Dr. Melissa Andrew, Dalhousie

Melissa K. Andrew is a staff geriatrician and Professor of Medicine and Geriatrics at Dalhousie University in Halifax, Nova Scotia. She completed training in Internal Medicine and Geriatrics at Dalhousie, a Master's in Public Health at the London School of Hygiene and Tropical Medicine, and an interdisciplinary PhD at Dalhousie on the subject of frailty and social vulnerability among older adults. Her research interests include how frailty and social circumstances impact older people's health. She has been a long-time member of the ASNS Board and Research Advisory Committees.

12:30 | The many faces of dementia: Painting a picture of rarer subtypes

Dr. Maia von Maltzahn, Nova Scotia Health

Dr. Maia von Maltzahn is a Geriatrician and assistant professor of Geriatric Medicine at Dalhousie University. She completed her medical degree at Dalhousie and training in Internal Medicine at the University of Saskatchewan, and subspecialty training in Geriatric Medicine at the University of Toronto. She currently serves as the Program Director for the Dalhousie Geriatric Medicine residency training program.

1:00 | Supporting communication with a rare dementia: Takeaways from the Primary Progressive Aphasia Program

Lisa Harris, Dalhousie

Lisa Harris is a Speech-Language Pathologist and an Instructor in the School of Communication Sciences and Disorders at Dalhousie University. She is responsible for the development, management and supervision of the Dalhousie Speech-Language Clinic as well as teaching Augmentative & Alternative Communication (AAC) in the department. Her clinical interests include aphasia, primary progressive aphasia, traumatic brain injury and AAC. Lisa has 27 years of clinical experience in Ontario and Nova Scotia public health settings as well as ongoing involvement in private consulting.

1:15 | One family's experience with early-onset frontotemporal dementia

John Reid, Caregiver

John Reid is a historian at Saint Mary's University. He is the spouse of Jacquelyn Hicks, who has been living for many years with frontotemporal dementia (behavioural variant), and a parent of two adult children.

1:30 | From horticulture to canine therapy, good medicine for all

Robert Howlett, St. John Ambulance

Robert attended Memorial University of Newfoundland graduating from the Bachelor of Recreation program with a minor in Sociology. He moved to Nova Scotia in 2013 and has been a leader in a variety of community oriented and health care roles that has built his passion for inclusion and community development. His current position with St. John Ambulance oversees community programs including the Therapy Dog program where he manages volunteers and program development. In his down time, he and his partner enjoying hiking and camping with their standard poodle, Nate.

Mary Partridge, R.K. MacDonald Nursing Home

The first 20 years of my working life were spent in the many aspects of horticulture such as landscape design, planting, and plant propagation. This was followed by a career (14 years) in healthcare. During my years working in healthcare, I discovered Horticulture Therapy and was excited to be able to work with plants and nature-based materials while utilizing what I've learned in healthcare. In 2015 I completed an internship in Horticulture Therapy and later received professional certification from the Canadian Horticulture Therapy Association as a Horticulture Therapist Registered (HTR). I developed a horticulture program at our local nursing home where we have concentrated on outdoor garden spaces, interior green zones and helping the people living there maintain their connection to the natural world. I am a long-time member of the Canadian Horticulture Therapy Association (CHTA), Nova Scotia Horticulture for Health Network (NSHHN) and Arts and Health Antigonish (AHA!), serving on committees and contributing to the organizations' publications.

2:00 | Beyond bingo: Prescribing meaningful engagement for all persons living with dementia

Brittney Amirault, Nova Scotia Health

Brittney is a social worker from the small Acadian community of Clare, Nova Scotia. Throughout her career, Brittney has been passionate about creating meaningful life experiences for persons living with dementia. She has worked towards this goal in various roles such as Director of Recreation Services, Dementia Care Unit Lead, and now, Behaviour Resource Consultant. Leisure and Therapeutic Recreation have been instrumental in guiding Brittney throughout her academic and professional life and she is grateful to be able to share this mindset with you all today. For many of us, our leisure interests and hobbies are what get us out of bed in the morning. That is no different for a person living with dementia because, “life doesn’t end where dementia begins.”

Jennifer Loucks

Jennifer has been working as a Recreation Therapist over the past 25 years in a variety of settings. Her experience includes working in Saint John, New Brunswick with Youth at risk, Veterans and the Geriatric Assessment program. Prior to working with NS Health, Jennifer worked at the Miramichi Hospital in Addictions and Mental Health and later as part of the Management team in a long-term care facility while also providing education and training in NVCI, GPA and U-First to nursing home staff in NB. In the past, Jennifer was a part of the establishment of the Memory Café program in Saint John, NB of which she continued to be a part of in Miramichi. Recently, Jennifer was a Co-facilitator for the Alzheimer Caregiver Support Group in Amherst, NS. In her spare time, Jennifer coaches high school basketball, enjoys spending time with family in the outdoors and any opportunity to share her musical talents. Jennifer is also a member of the Dalhousie University Advisory Committee for the School of Health and Human Performance, Therapeutic Recreation Program. Jennifer has been working for NS Health as a Behaviour Resource Consultant in Continuing Care for almost 3 years in Cumberland County in the Northern Zone.

Andrea Perry

We invite you to check this speaker’s PheedLoop profile for more information.

Dr. Paula McLaughlin, Nova Scotia Health

Dr. McLaughlin is a Clinical Neuropsychologist with the Nova Scotia Health – Seniors' Health program and is the current Director of Training for the Halifax Clinical Psychology Residency Program. She holds Academic Adjunct appointments at York University (Department of Psychology) and Dalhousie University (Faculty of Medicine – Geriatric Medicine). She obtained her PhD in Clinical Psychology at York University, and completed her internship in Neuropsychology at Emory University – School of Medicine and postdoctoral fellowship in Clinical Neuropsychology at the University of California, Los Angeles. Her primary clinical and research interests focus on the early diagnosis and treatment of dementia. Dr. McLaughlin's current research takes a multidisciplinary approach to understanding the current needs of persons with dementia and exploring ways to improve care throughout Nova Scotia.

Sandra Britten, research team member who lives with dementia

Sandra Britten has lived in Halifax since 1978. She worked internationally for many years as a Chartered Professional Accountant and Consultant. She is a mother of two and a grandmother of four. She is an avid hiker and world traveler, and enjoys attending live theatre and symphonies. Sandra was diagnosed with Lewy body disease with Parkinson's in 2013. Sandra presented together with Marilyn in previous years at the Early Stage Forum. Sandra represented Nova Scotia at the National Dementia Conference in the summer of 2018. She is actively involved with a number of ASNS programs including Artful Afternoons, Artful Outings and Minds in Motion.

Marilyn Taylor, research team member who lives with dementia

Marilyn Taylor was born in Halifax and grew up in Medicine Hat, Alberta, where she worked as a purchasing agent. She is a mother, a stepmother, a grandmother and a great grandmother. Marilyn was diagnosed with Alzheimer's disease in 2013. Marilyn has presented with Sandra in previous years at the Early Stage Forum, and in 2018 she represented Nova Scotia at the National Dementia Conference. She is a member of Alzheimer Society of Canada Advisory Group for People Living with Dementia.

3:15 | Dementia-Friendly Canada: Creating inclusive and supportive communities

Heather Cowie, Alzheimer Society of British Columbia

Heather Cowie is the National Project Manager for Dementia-Friendly Canada. The Dementia-Friendly Canada project is a partnership between the Alzheimer Societies of Canada, British Columbia, Saskatchewan, Manitoba and Ontario. This project will help to expand the Federation's existing Dementia-Friendly Communities initiatives in order to enable more communities to support Canadians affected by dementia. Heather has her Masters of Arts degree in Gerontology from Simon Fraser University where she studied aging and the built environment. She also worked as the Provincial Coordinator for the Dementia-Friendly Communities initiative at the Alzheimer Society of B.C. for over three years. Heather is excited to be bringing attention to dementia-friendly communities across the country.

3:30 | The road to dementia friendly design: Outpatient clinic make-over

Catherine-Anne Murray, Nova Scotia Health

Catherine-Anne is an Occupational Therapist on the Outreach Geriatrics Team with Nova Scotia Health Authority. She has 11 years of experience working both in the hospital and community with people living with dementia and their partners in care, and enjoys collaborating with the Alzheimer Society on projects and presentations. She has completed the Dementia Studies Certificate from the University of Stirling in Scotland, and has a passion to help improve the quality of care and life for those living with dementia.

3:45 | How communities can support the home first philosophy

Darren Doucette, Caregiver

Darren and his wife Vashety have been caregiving for Darren's 87-year-old mother. His mother was officially diagnosed with Vascular Cognitive Impairment (vascular dementia) in 2017. Over the last four years, Darren and Vashety have faced many uphill struggles and challenges. We would like to share today one of our most positive stories.

4:15 | Reflect, recognize, refocus: Allyship in action

Tinaye Manyimo, Shumba Consulting

Tinaye (he/him) is the owner of Shumba Consulting a small business of diversity based in Kijipuktuk (Halifax), Nova Scotia whose mission, with a core lens of diversity and inclusion, is to work with businesses, organizations, and groups to develop and deliver engaging and impactful workplace education and management solutions.

He believes that, in our communities and today's workplace, continuous education, training and policies that focus on diversity, equity and inclusion awareness are essential for courageous organizations.

He received a Bachelor of Business Administration in Organizational Behavior and Industrial Relations as well as a Bachelor of Arts and Community Studies from Cape Breton University. In addition, he attained a Certificate in Adult Education and a Certificate in Negotiation and Conflict Resolution from Dalhousie University. His journey as a practitioner has been facilitated through lived experience and the privilege of having successful past occupations in student/human rights advocacy and governance, retail, finance, government, and post-secondary education.

He is an External Human Rights trainer for the Nova Scotia Human Rights Commission and has a Canadian Certified Inclusion Professional (CCIP) designation through the Canadian Centre for Diversity and Inclusion. As a Human Rights advocate, educator, and lifelong learner, Tinaye's goal is to courageously facilitate through collaboration, both the transfer of knowledge and practice of Diversity, Equity and Inclusion in the workplace and our community.

GET INVOLVED WITH ASNS

As we navigate offering programs and events during a pandemic, we still need your help! Below are ways you can help. Visit www.alzheimer.ca/ns to keep up to date with our programs, supports, and events!

ALZHEIMER AWARENESS MONTH:

Each January, we ask Nova Scotians to speak up and out about dementia. People can help by sharing their story, posting on social media, sharing what we post on social media, encouraging their federal and provincial governments to take action, or by making a donation. Visit www.alzheimer.ca/ns to learn more.

YOU CAN HELP THOSE WITH

DEMENTIA: Donor support makes a true difference for those living with dementia. You can:

- Participate in the May 2022 Walk for Alzheimer's
- Host your own fundraising event
- Buy a ticket to be in our monthly 50/50 Raffle draw
- Make your own personal donation
- Donate in memory of a loved one
- Respect your budget and become a monthly donor

Contact denise.collier@asns.ca for more information.

SUBSCRIBE TO IN THE LOOP:

Our Society newsletter will help you to stay up to date with what is happening in our province for people living with dementia, their caregivers. We send out an E-Newsletter bi-weekly and a full print newsletter quarterly. Subscribe online at eepurl.com/hvUNCh

ENGAGE WITH US ON SOCIAL MEDIA:

Have you connected with us on Facebook, Twitter, LinkedIn or Instagram yet? Find us online to engage with others on the

dementia journey, receive daily updates on what is happening at the Society and in our province around dementia. Use the "share" function to help boost the programs and events we have going on.



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[@AlzheimerNS](https://twitter.com/AlzheimerNS)

IG WEALTH MANAGEMENT WALK FOR ALZHEIMER'S:

Each May, we host our annual Walk for Alzheimer's in Halifax, Sydney, Truro and the Annapolis Valley. Participants can register as an individual or create a team. Can't make it to one of those locations or work at a long-term care facility? You can also participate by holding your own Walk for Alzheimer's! Email dawn.kehoe@asns.ca to learn more.

VOLUNTEERING: While we are not actively recruiting and onboarding new volunteers because of the pandemic, we hope to do so soon. Volunteers are essential to the programs and services we provide across the province to those living with Alzheimer's disease or other dementias and are a vital part of our fund development activities. Your involvement helps us to raise funds for research, education and support programs. By volunteering, you can make a difference in the lives of families living with Alzheimer's disease or other dementias. Email Marilyn to learn more: marilyn.macmullin@asns.ca.

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

PROGRAMS & SERVICES

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

CONNECTION & SUPPORT **InfoLine 1-800-611-6345**

The InfoLine 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 InfoLine.

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.

OUR MISSION & VALUES

OUR MISSION

The Alzheimer Society of Nova Scotia is committed to alleviating the personal and social consequences of Alzheimer's disease and other dementias and also to promoting the search for the causes, treatments, and cures.

OUR VALUES



COLLABORATION.

We work together and with partners to achieve our goals and ensure Nova Scotians receive personal and responsive services throughout their dementia journey.



ACCOUNTABILITY.

We measure our performance and follow a process of continuous improvement. We are wholly accountable for our actions and must account to our stakeholders for our use of the financial and human resources available to us.



RESPECT.

We set for ourselves the highest standards of honesty, trustworthiness and professional integrity in all aspects of our organization and carry out our work with the utmost respect for the dignity and the rights of the people we serve.



ENGAGEMENT.

We strive to engage stakeholders in meaningful ways. To inform, listen and be attentive to those we work with: people with dementia, families, community partners, donors, volunteers and staff members.



EMPLOYER PARTNER OF THE CANADIAN CENTRE FOR DIVERSITY & INCLUSION (CCDI)

ASNS is proud to be an Employer Partner of the Canadian Centre for Diversity & Inclusion (CCDI).

With the guidance of CCDI, ASNS will support our staff and stakeholders to deepen understandings around equity, diversity and inclusion through engagement in learning and safe dialogue. CCDI is a forward-looking social organization with research and learning woven into their DNA. CCDI's mission is to help Employer Partners be inclusive, free of prejudice and discrimination, and to generate awareness, dialogue and action helping people to recognize diversity as an asset and not an obstacle.



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