

Alzheimer Society

PRINCE EDWARD ISLAND

Newsletter

September 2023

Leadership Awards Luncheon & World Alzheimer's Month

September is World Alzheimer's Month! Support the Alzheimer Society:

1. **Join us on Friday, September 22nd for our Dementia Friends Leadership Awards Luncheon. Get your tickets now!**
2. Learn the 10 warning signs of dementia
3. Donate to the Alzheimer Society
4. Check out and participate in upcoming programs and events, or access our services
5. Share what you've learned: talk to your friends and family about dementia and the stigma attached to a diagnosis

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Get Your Tickets!

Leadership Awards Luncheon

- Leadership Awards Presentations
- 2023 World Alzheimer Report
- Special Greetings from Hon. Mark McLane, Minister of Health and Wellness
- Stand-up Comedy: 'Crone Wisdom with Colleen MacQuarrie and Co.'
- 3-Course Lunch Included



Sep 22, 2023
11:30am-2:00pm



The Rodd
Charlottetown Hotel



alzpei.ca • (902) 628-2257 • society@alzpei.ca

Annual Report

The 2022-2023 year saw re-opening of in-person services and events, the launch of new programs like Wellness, Connect, & Care, and increased support for Islanders across the province.

Thank you to everyone who helped make the last year a successful one!

Read our Annual Report [here](#)



Programs & Services

Upcoming Social Activities & Walk Groups

We offer free, Island-wide social events and walking groups for all seniors as part of our Wellness, Connect, & Care program! All are dementia friendly.

Our **Charlottetown Walking Group** is ongoing on Tuesday and Saturday mornings, and our **Montague Walking Group** meets on Thursday mornings!

[Register here](#) and receive updates on locations, cancellations, etc.

Social Activities

Sharpen Your Mind with Tai Chi

We have had so much interest in our Wednesday morning Tai Chi series that we have extended the sessions until September 27th 2023!

Thank you to our Volunteer Mike for continuing to share his time and skills and Brogan from the Montague Waterfront Marina for allowing us to continue to use the gazebo!

These sessions are free of charge and dementia-friendly and are at the Montague Waterfront Gazebo, Station st. from 10-11am.

[Click here](#) to learn more and register.



Walking Poles Borrowing Program

We lend out walking poles, free of charge, for 4-week increments! Walking poles are great for improving posture and balance, as well as helping to decrease joint pain.

[Click here](#) for more information.



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**Walking Poles
Borrowing Program**

Borrow walking poles free of charge for 4-week increments!

Contact us at (902) 628-2257 or society@alzpei.ca

Island-wide Caregiver Support Groups

You shouldn't have to face dementia alone! Our Island-Wide Caregiver Support Groups provide you with the opportunity to exchange stories and make friends, access the most current information about dementia, learn and share practical tips, decrease feelings of loneliness and isolation, and find a sense of hope.

Pre-registration is required to attend. [Click here](#) to learn more.

Please contact the office at (902) 628-2257 or society@alzpei.ca.

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**ISLAND-WIDE CAREGIVER
SUPPORT GROUPS**

Montague • Charlottetown • Summerside • O'Leary



A safe and supportive place to share feelings, exchange practical strategies and connect with others living a similar journey.

Education: Upcoming Webinars & Workshops

Free Education Sessions

First Steps Education Sessions | Charlottetown | September 5th, 12th, 19th, & 26th, 11am-12:30pm: *for persons living with dementia and their families*

This series is to help individuals newly diagnosed with dementia and their caregivers understand their diagnosis and the changes they experience. It will also offer participants an opportunity to share and connect with others embarking on a similar journey.

Topics include: what is dementia, memory loss, coping strategies, medications, treatments, research, planning for the future, and community resources and support.

[Register here](#)

Next Steps Education Sessions | Virtual | September 21st & 28th, 6-8:30pm: *for family and friends*

This series offers family members and friends caring for individuals with Alzheimer's disease or other dementias an overview of the disease.

[Register here](#)



Volunteering

Walk Groups & Social Activities Leader

We're always looking for volunteers! Current opportunities include:

- Volunteering at our Leadership Luncheon Awards on September 22nd from 11am-2pm as a photographer
- Leading or co-leading walking groups for seniors in O'Leary or Summerside

- Running a social activity of your choice anywhere on the Island
- Becoming an office administration volunteer - reception/answering phones, organizing the office, receiving donations, data entry
- Becoming a Volunteer Companion - spend one-on-one time with a person living with dementia

[Click here](#) for more information or contact us at society@alzpei.ca or (902) 628-2257.

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Fundraising

Jim Landry's 6th Annual Forget Me Not Tour

Jim cycles in memory of his mother who passed away from Alzheimer's disease. Jim will be biking 1,000km this year with rides in PEI, New Brunswick, and Ireland. All proceeds raised will be donated to the Alzheimer Societies of New Brunswick and Prince Edward Island.

[Click here](#) to learn more and support Jim's Tour!



Helpful Tips for Caregivers

A Dementia-Friendly Autumn Activity

It's apple season! A great dementia friendly activity is apple picking at your local orchard. Breathe in the fresh air, get some exercise, and enjoy one of nature's brain foods.

Most local orchards advertise their U-Pick times and days so check online or give them a call.

Macphee's Orchard: 5151 Launching Rd #53, Cardigan, PE C0A 1G0
Phone: (902) 583-3203

Arlington Orchard: 7 Monaghan Ave, Miscouche, PE C0B 1T0
Phone: (902) 436-7610

[Click here](#) for a delicious Apple Crumble recipe



Research

Pide Rural Perspectives

We want to hear from you! The Alzheimer Society of PEI is developing education to better support those caring for persons living with dementia in **rural communities**.

Please tell us about your experience along the journey of dementia while living rurally by [clicking here](#).

(902) 628-2257

society@alzpei.ca

www.alzpei.ca

166 Fitzroy St. Charlottetown, PE C1A 1S1

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